



A Safe Path Forward!

STEP 1: Know the Warning Signs

1. _____
2. _____
3. _____
4. _____

STEP 2: Internal Coping Strategies

1. _____
2. _____
3. _____
4. _____

STEP 3: Making the Environment Safe

1. _____
2. _____
3. _____
4. _____

STEP 4: Preparing for a Quick Exit

1. _____
2. _____
3. _____
4. _____

STEP 5: Family and Friends

- | NAME | CONTACT # |
|----------|-----------|
| 1. _____ | _____ |
| 2. _____ | _____ |

STEP 5: Family and Friends (cont.)

3. _____
4. _____

STEP 6: Professionals/Agencies

- | NAME | CONTACT# |
|----------|----------|
| 1. _____ | _____ |
| 2. _____ | _____ |
| 3. _____ | _____ |

THERAPIST: _____

MEDICAL: _____

24-hour emergency assistance:

CCSS: 1-708-429-SAFE (7233)

National Hotline:

1-800-799-7233

1-800-787-3224 (TTY)

En Español

Confidential Chat:

thehotline.org/blog/get-help-today/

24-hour emergency treatment:

Call 911

Go to local Emergency Room

Checklist for a Quick Exit

General:

- House and car keys
- Medications
- Valuables
- Money/Credit Cards
- Phones
- Clothes & hygiene necessities
- Small toys/blankets

Legal Papers:

- ID's, SS cards, Birth Certificates
- Lease or Deed
- Insurance cards
- Divorce/Custody Papers
- Restraining Order/Order of Protection
- VISA/Work Permit