



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. _____
3. _____
4. _____

step 6

Professionals/Agencies

NAME

CONTACT #

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

Therapist _____

Medical _____

National Hotline:

1-800-799-7233

1-800-787-3224 (TTY)

24-Hour Hotline

708.429.SAFE (7233)

www.crisisctr.org

En Española 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