

## **Safety Planning**

### **If you stay, stay safe**

- During an argument, move to a room with easy access to an exit.
- Avoid rooms such as the bathroom, kitchen, or rooms near possible weapons.
- Know the quickest routes out of your home. Practice your escape route.
- Develop a plan for your children. Rehearse and practice it with them. Teach them how to dial 911.
- Carry a cell phone. If you do not have one, contact a YWCA advocate.
- Designate a code word with your children, family, friends, and neighbors so they know when you are in danger.
- Start a hidden emergency fund.
- Work with a YWCA advocate.

### **When you leave, stay safe**

- Pack a bag and have it ready. Keep it hidden but make it easy to grab.
- Be aware of your surroundings at all times. Use your judgment; trust your gut.
- Carry a cell phone. If you do not have one, contact a YWCA advocate.
- Know where you can go and how you will get there in case you have to leave in a hurry.
- If you return, change the locks on your doors. Install outside lighting.
- Work with a YWCA advocate.

### **Items to take when leaving**

- Identification, birth certificates for you and your children.
- Social Security cards
- Work permit/VISA/Passport
- School records; medical/vaccination records
- Money, check book, credit cards
- Address book
- Legal papers – divorce/custody/Protection Orders
- Items of sentimental value

**Your advocate is always there for you!**

## **HELP is available**

**You have the right to protect yourself and your children.**

### **Important phone numbers:**

**YWCA Omaha** 345-6555

For advocacy and counseling services

**24-Hour Hotline** **345-7273**

**Law Enforcement**

Emergency 911  
OPD Telephone Reporting Unit 444-4877  
OPD Domestic Violence Unit 444-5825

**Douglas County Courts**

DV Prosecutor 444-3545  
Protection Order office 444-4350  
Protection Order service 599-2600

**Victim Information Notification**

1-877-634-8463  
To determine status of offender custody

**Omaha Police Department Victim Assistance** 444-4597

Assistance with criminal justice system

**Shelter and hotline information:**

The Shelter: 558-5700  
Heartland Family Service: 292-5888  
Phoenix House: 712-328-0266  
Nebraska Shelter Information 800-876-6238  
Nebraska Spanish-speaking shelter information 877-215-0167  
Legal Aid of Nebraska 348-1060  
National Deaf/Hard of Hearing Hotline TTY-800-787-3224