



## Safety Planning – if you have left your relationship

Post-separation can be a very time dangerous for survivors of domestic and family abuse. Safety planning during this time is important for your safety.

The information provided below is general information only. It does not replace advice and support from a domestic violence specialist. Its most helpful to get advice that is specific for your situation. The information below will not be suitable for all survivors of domestic and family abuse.

- Change your phone number by getting a new phone plan or SIM Card with your mobile provider
  - Update your call settings to private so the people so your new number cannot be saved
  - Only give your new phone number to trusted people and services
  - Consider keeping a spare SIM card or pre-paid phone to communicate with your ex-partner about children, property or pets
- Update your phone number and address with important services and agencies, for example:
  - Department of Transport and Main Roads
  - Any services you or your children attend for support
  - Your GP or health professionals you attend
  - Centrelink
  - Bank or financial institution
- Redirect your mail to your new address or think about getting a post office box
- If you can, change your normal routines and places you frequently or regularly attend, for example:
  - Travel to work, school, shops using a different route or at different times
  - Change the supermarket you regularly attend
  - Consider relocating your children to a different daycare or school
- If you have a domestic violence protection order (or temporary protection order) keep a copy of this order on your person, in a safe place at home and in your car if you have one. Also consider providing a copy to:
  - Your children's school
  - Your employer
  - Your GP or health care professionals you regularly attend
- Think about the safety of your home and check that your locks, windows, and doors can be secured. Think about other things that might make your home safer.

If you need help to secure your home, please contact DVAC or a specialist domestic violence support service.



## Helpful Websites:

Domestic Violence Action Centre (DVAC)

<https://dvac.org.au/>

Community Legal Centre's Queensland – Find a Centre

<https://communitylegalqld.org.au/find-legal-help/find-centre>

Australia Post – Free 12 Month Mail Re-direction Program

<https://auspost.com.au/receiving/manage-your-mail/redirect-hold-mail/redirect-mail/free-mail-redirection-and-po-boxes>

Domestic and Family Violence - Find Local Support

<https://www.qld.gov.au/community/getting-support-health-social-issue/support-victims-abuse/domestic-family-violence/find-local-support>

