



Safety Planning – if you are planning to leave

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 everyone thinking of leaving.

Think about where you could go if you needed to leave in a hurry. Could you go to a friend's home, to family, to a neighbour's house, or to a refuge?

If you need to access a women's refuge (also known as shelter) please call DVConnect Womensline on **1800 811 811** (open 24/7).

If you have pets, it is a good idea to think about whether they can go with you when you flee. You might have friends or family who are able to care for them. You could also think about services such as Pets in Crisis.

Pack an Escape Bag

Think about packing an escape bag for yourself and your children (if you have children). We usually recommend an escape bag has:

- Clothing
- Toiletries
- Cash/Bank Cards
- ID documents (License, Medicare card, Centrelink card and/or 18 + card)
- Medication and prescriptions
- Phone, devices, and relevant chargers
- Children's essentials such as comforters and essential baby needs

Think about a domestic violence order.

If you want to remain in your home, you might want to explore getting a domestic violence protection order with a condition asking the person using violence to leave the home.

If this is something you want to do, please contact DVAC or a specialist domestic violence support service for information about this process. You can also contact a community legal centre for legal advice.



Helpful Websites:

Domestic Violence Action Centre (DVAC)

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

Information about refuges:

<https://www.dvconnect.org/womensline/about-womens-shelters/>

Pets in Crisis:

<https://www.dvconnect.org/home/pets-in-crisis/>

Women's Legal Service Queensland:

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

