

VETERAN SAFETY PLAN

In a crisis situation, there are things I can do to remove myself from harm and help keep myself safe. I understand that leaving a violent situation can be dangerous, but having a careful plan will help keep me safe.

1. If I am in danger, I will call 911 immediately.
2. I will pack a go-bag that will include essential items for myself and my children should I need to leave my home. I will hide this in a place that is easy for me to get to or leave it with a friend or family member.

Checklist of items to pack:

- Extra set of keys
- Extra clothing
- Pay by-the-minute cell phone with minutes and charger
- Cash
- Identification – drivers license, passport, military ID, social security card, birth certificate
- Important documents: DD 214, marriage certificate, insurance card
- Medication
- Any other essential items:

- _____
- _____
- _____

3. I will keep my keys and purse or wallet ready and near me at all times.
4. I will try to keep a cell phone with me at all times. I will be familiar with how to call 911 as quickly as possible on my phone.
5. I will practice how to leave my house as safely as possible.
6. I will teach my children how to call 911.
7. I will tell my children and family or friends a code word that I can use if I need them to call for help.
8. In the event of violence, I will avoid rooms with no outside doors and those where weapons and large amounts of glass or windows are located, such as the kitchen, bathroom, or garage.
9. I can stay safe if I separate from my partner by: changing the locks, adding deadbolt locks, adding motion-detector lights outside, and/or installing a security system. I can also change my typical patterns and be aware of my surroundings.
10. When I have decided to leave my partner, I will explore seeking a protection order (if appropriate) as soon as possible to help keep me safe.

IMPORTANT RESOURCES

- 911
- Local Police non-emergency number: _____
- National DV Hotline (24 hours): 1-800-799-SAFE (7233) www.thehotline.org
- My local domestic violence/intimate partner violence hotline is: _____
- Emergency Shelters: www.domesticshelters.org
- My local shelter can be reached at: _____
- My local legal assistance program can be reached at: _____
- My local advocacy program can be reached at: _____
- Child Abuse and Maltreatment Hotline: 1-800-4-A-CHILD (1-800-422-4453)

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Please think of three friends or family members who you can turn to for support and who can help you in the event of a crisis:

1. _____ Phone: _____
2. _____ Phone: _____
3. _____ Phone: _____

Veteran-specific Resources

1. National Archives – to obtain copies of DD 214, service personnel records and medical records.
Online: <http://www.archives.gov/veterans/military-service-records/>
Questions: 314-801-0800
2. VA benefits – apply for benefits and compensation.
Online: www.benefits.va.gov
Questions: 1-800-827-1000
3. E-Benefits – access and manage your VA and DOD benefits and claim information anytime.
Online: www.ebenefits.va.gov
Questions: 1-800-983-0937
4. Directory of Veterans Service Organizations
Online: <http://www.va.gov/vso/>
5. My local Veteran Service Organization is: _____
Phone: _____ Contact Person: _____
6. VA Women’s Health – resources for women Veterans.
Online: www.womenshealth.va.gov
Hotline: 1-855-VA-WOMEN (1-855-829-6636)
7. Caregiver Support Program – Resources for caregivers of post-9/11 Veterans
Online: www.caregiver.va.gov
Hotline: 1-855-260-3274
8. National Center for PTSD – Information and resources about post-traumatic stress disorder.
Online: www.ptsd.va.gov
9. Veterans Crisis Line – Help for Veterans in crisis.
1-800-273-TALK (1-800-273-8255)