

## Survivors Rights Logo Placeholder

### A Survivor's Safety Planning Checklist

- Identify at least two trusted people you can call in an emergency.
- Save hotline numbers in your phone and write them down (RAINN: 800-656-HOPE, National Domestic Violence Hotline: 800-799-SAFE).
- Pack a small bag with essentials: clothes, medications, keys, cash, ID.
- Create a code word with a friend/family member for discreet help.
- Plan safe exits in your home and practice routes if needed.
- Store copies of important documents in a safe place.
- Know where the nearest hospital and safe shelter are located.
- Charge your phone regularly and keep a backup charger if possible.