



## **Safety Planning Checklist for Survivors**

- Identify 2–3 trusted people you can call in an emergency.
- Save hotline numbers in your phone or write them down (e.g., 800-656-HOPE, 800-422-4453).
- Pack a small bag with essentials (ID, keys, cash, medications).
- Establish a safe word with friends or family to signal distress.
- Review escape routes in your home or building.
- Keep copies of important documents in a secure location.
- Document and save any harassing or threatening messages.
- Update privacy settings on your social media accounts.
- If you feel unsafe online, talk with an advocate who can help monitor accounts.