PLANNING YOUR SAFETY FOR LEAVING

• Do not tell the abuser when you are leaving or where you are going

• Contact a shelter or 24-hour line for women to discuss in detail how to leave safely and what resources are available to you

• Stay at a shelter or have a shelter help you relocate to another city if that feels safer

• Request police come to your home when you are leaving

• If you have to leave quickly, you can ask for a police escort back to your home to pick-up your personal items

• Get a safety deposit box/and/or a post office box

• Use a pay phone to make calls that you do not want the abuser to know about

• Open up a bank account in a bank the abuser does not know about and arrange for statements to be picked up or sent to a friend’s home

• Use a trusted friend or family member’s address for any mail

• Clear your phone of the last number you called to avoid the abuser utilizing redial

• If you have a pet that you can’t take with you, contact the Toronto Humane Society

ITEMS YOU MAY WANT TO TAKE WITH YOU WHEN YOU LEAVE

• Personal identification including: social insurance card, driver’s licence and registration, OHIP card, passports and any immigration papers

• Children’s birth certificates and OHIP cards

• School and medical/vaccination records

• Necessary medications and medical supplies for self and children

• Money

• Chequebooks, credit cards and ATM cards
• Bank books and statements

• Keys for home, storage, car, work, safety deposit box etc.

• Copies of all court orders: restraining orders, peace bonds, bail papers, custody and access agreements, divorce papers, etc.

• Lease/rental agreements, deeds, mortgage agreement, insurance policies and other papers concerning assets

• Small, valuable objects such as jewellery

• Children’s favourite toys and blankets

• Sentimental items

• Address book with all telephone and other numbers you may need

• Appointment book

• Pictures or other evidence of the abuse

NOTES: