

Safety Tips on Domestic Violence & Quarantine

Create a Safety Plan

If things escalate to physical violence it is difficult to know what to do, planning ahead for your safety and the safety of those in your house is recommended.

Have a Friend/Neighbor You Can Signal with a Code Word

Choose and agree on a random code word like "pen" or a hand signal to let them know you are in danger and to call the police.



Have a "go bag"



Just in case you need to leave in a hurry to find safety, pack a go bag; include clothing, spare keys, list of prescriptions, copies of important documents, and other items you will need if you are unable to return home.

Practice Self-Care



It might feel impossible, but you can still take care of yourself. Write in a journal, listen to music, cuddle a pet, go for a walk, yoga, practice deep breathing, bake, drink a cup of tea, watch a movie, draw a bath.

De-escalate



Try to avoid getting into arguments. Have specific reasons to leave the house if needed.

If you need support safety planning, have additional questions, or just need to talk to someone please call one of our counsellors at 431-275-2290 10-6pm Monday - Friday