

VICTIM RESOURCE PROGRAM

720.913.8020

IF YOU NEED TO LEAVE IN A HURRY, HAVE THESE READY.

- Money & ATM card
- Insurance cards
- Medical records
- School records
- Car registration
- Birth certificate
- Marriage license
- Social Security card
- Keys (house, car, P.O. Box, safety deposit box)
- Checkbook
- Credit cards
- Custody orders
- Bank statements
- Medications and prescriptions
- Medical supplies
- Driver's license
- Glasses, hearing aids
- Photographs & precious memorabilia
- Photograph of the abuser
- Work permit / VISA / green card / passport
- Important phone numbers
- Extra clothes for you and your children
- Pet supplies

SAFETY PLANNING: TIPS & STRATEGIES

A safety plan can increase your ability to protect you and your children, whether you choose to stay in the relationship or leave. The following are some suggestions that may help keep you safe.

- Trust your instincts. You know your situation better than anyone.
 - Keep a list of emergency phone numbers in a safe place.
 - Keep a cell phone with you at all times, if possible.
 - Tell someone what is happening to you. Do not feel ashamed to ask for help.
 - Select a code word or signal that alerts friends, children, neighbors, doctors, or others that you are in danger and to call the police.
 - Plan (and practice) an escape route. Avoid rooms where you may be trapped or where your abuser can find something to use as a weapon.
 - Pack a bag with things you would need if you had to leave in a hurry. Include important papers (social security cards, medical cards) and an extra set of keys (if possible). Keep them in a safe place, possibly with a neighbor or close friend.
 - Make plans for the care of your pets should you need to leave quickly.
 - Notify your children's school or daycare providers if the offender is not to pick them up or have contact with them.
- Ask your doctors and dentist to alert one of your personal contacts if you miss your appointments without notice.
 - Call a crisis hotline: 303-318-9989. Consider programming it into your phone under a code name you will remember.
 - If you call a crisis line or shelter, make another call afterwards or push random numbers so that the abuser cannot press "redial" to learn who you called.
 - If you use the internet to search for resources, remember to delete your website history. In the tool bar of your web browser, select Tools → Internet Options → History → Clear History.
 - Document any unwanted acts towards you.
 - Vary your routes to and from work, the grocery store, school, etc.
 - If possible, remove weapons from your home.
 - Consider changing your locks and security codes.
 - **If you are in danger, call 911.**



DENVER
CITY ATTORNEY'S OFFICE

The City does not enforce immigration laws and does not initiate any actions based on immigration status.

Located at the Rose Andom Center,
1330 Fox St., Denver, 80202, Monday - Friday, 8:00 - 3:30.

Please call for information on your case
or come in to meet with a
victim specialist or prosecutor.

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