



# Safety plan

## *Guideline*



### Preparing a safety plan

A complete list of items to prepare for your emergency kit  
(and keep this kit with a person of confidence)

### Planning your itinerary

Tips for plan your itinerary

### Taking precautions

Recommendations for safety

### Contact services and resources

Contact Christian Direction for resources

### Get long-term help and mental health support

Contact Christian Direction for a list of references



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✧ What goes into your safety kit :

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- ✧
- ☐ ID cards / passports (or photocopies) ✧
  - ☐ Medicare - RAMQ cards (or photocopies)
  - ☐ Cash
  - ☐ A copy of your keys
  - ☐ Cell phone info (passwords, etc)
  - ☐ Medication (have a copy of prescriptions)
  - ☐ Change of clothes
  - ☐ Put as many of these items into a bag and give it for safekeeping to a trusted person/ person of confidence. ✧
- ✧



## ◆ Planning your itinerary



Map out (or memorize) your itinerary to your safe places. Make sure you know how to get there.

Make a list of safe places (friends' houses, family, shelters, clinics, housing services.)



**The phone number of my local shelter:**

**The phone number of my trusted person:**





## ◆ Taking precautions

- ✧ Let some persons of confidence know what's going on (close friends, trusted colleagues, medical professional)
- ✧ Start changing your habits, such as usual routes you take to run errands, go to work or school.
- ✧ Put safeguards on your electronic devices (phone, laptops, etc) . Change your password!
- ✧ Keep all proof of physical violence (torn clothing, pictures of injuries, destroyed items) or of verbal violence (voice messages, text messages, records of threats or insults made) .





## ◆ Contact psycho-social support services

- SOS Violence Conjugale (service 24/7 ;  
Tel. : 1-800-363-9010 ; texto : 438-601-  
1211 ; <https://sosviolenceconjugale.ca>)
  - Info-Social (service 24/7 ; Tel. : 811)
  - Rebâtir (free legal advice for victims of  
DV) Tel. : 1-833-732-2847 ;  
[projet@rebatir.ca](mailto:projet@rebatir.ca) ; <https://rebatir.ca/>)
  - Juripop (legal aid) Tel. : 514-705-1637 ;  
<https://rebatir.ca/>)
  - Rapha Québec (Christian resources on  
the web [www.direction.ca/rapha](http://www.direction.ca/rapha))
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## ◆ Getting long-term help

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In order to heal from trauma, it is necessary to explore therapeutic services. Please don't stay isolated.

In Québec, there are many intervention workers, clinicians and mental health practitioners who offer varied services and psychological support for survivors.

Do not hesitate to contact Christian Direction (and the Rapha team !) to access a curated list of practitioners who can offer support.

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Get in touch with us!  
[www.direction.ca/rapha](http://www.direction.ca/rapha)

514-878-3035 p.206

