

## **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:**