



PLANNING YOUR SAFETY FOR LEAVING

- Do not tell the abuser when you are leaving or where you are going
- Take into consideration any mobility / accessibility concerns you or your children have for leaving (accessible transit, help, etc.)
- Contact a shelter or 24-hour line for women to discuss in detail how to leave safely and what resources are available to you
- Request to use an interpreter when speaking to a helpline if you are more comfortable speaking in another language
- Stay at a shelter or have a shelter help you relocate to another city that feels safer stay with a friend or family member that knows about the abuse and can help make their home safe.
- Request police come to your home when you are leaving
- Pack and hide an emergency bag of essentials that you can grab quickly when leaving
- When packing your emergency bag include cash or tokens for transit as debit and credit cards can be easily traced
- If you have to leave quickly, you can ask for a police escort back to your home to pick-up your personal items that you were unable to grab.
- Get a safety deposit box and or a post office box to store important documents and items
- Use a payphone or borrow someone else's cell phone to make calls that you do not want your 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, sent electronically only, or sent to a friend's home
- Use a trusted friend or family member's address for any mail
- Clear out 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
- Locate the closest food bank in order to help with groceries for you and your family



- Set aside money for transportation costs for when you leave
- Change the pin and access information to all bank accounts that the abuser knew about
- Email yourself and/or a trusted friend any important phone numbers (shelter, doctor's office, crisis line, employer, etc.)