

Safety Planning

A safety plan is a list of actions that you can take, or that other people, or agencies working with you and your family can take to help secure your safety.

The plan is flexible and will change with your circumstances, for example if your relationship changes, you become pregnant, have a baby, or your living situation changes.

There are many different ways to make a safety plan and your support worker will help you decide what is best for you. While your family and friends can play an important role in helping you with support and information, you should first talk with the police or your support worker to be sure about what you can discuss with them.

There are some key things that you can do to help improve your safety and the safety of your family, including:

- reporting all instances of domestic and family violence or when you feel unsafe to the Police
- always having a way to call 000 in an emergency, for example, having a mobile phone with you or letting neighbours who you trust know to call the police on 000 if they hear fighting, shouting or noises.
- having an escape plan for when you feel that things might get out of control and practicing emergency routes
- if you have children, teaching them to call a particular person or where to go in an emergency. This includes how to call 000 and ask for the police, and how to give their address
- keeping a record of all contact with your current or former partner, including saving abusive text messages, voicemails, emails, and social media posts/messages, and reporting them to the police
- keeping in touch with your support worker.

Getting help?

IN AN EMERGENCY CALL 000

Menai, Engadine and Sutherland region
(Sutherland and St George Police Local Area Commands)
Sutherland Shire Family Services
Ph: 02 9528 2933

Tamworth region

(Oxley Police Local Area Command)
Tamworth Family Support Service
Ph: 1800 073 388

Nowra region

(Shoalhaven Police Local Area Command)
Domestic Violence Team at the YWCA NSW
Ph: 02 4423 8513

If you require assistance with translating information you can contact the **Translating and Interpreting Service – 131 450**

The **Domestic Violence Line** provides telephone counselling, information and referrals for women and same-sex partners who are experiencing or have experienced domestic violence. The **Domestic Violence Line** is a state wide free-call number and is available 24 hours, seven days a week – **1800 656 463** (TTY 1800 671 442)

1800RESPECT – The national sexual assault, domestic and family violence counselling service for people living in Australia – **1800 737 732**

If you think a child or young person is at risk of abuse or neglect, contact **Child Protection Helpline** on **132 111** (TTY 1800 212 936)

The **Domestic Violence Legal Service** is a specialist legal service for women experiencing domestic violence. Its main objective is to inform women who have experienced violence about their legal rights and to help women obtain access to justice – **(02) 8745 6999** or **1800 810 784**

MensLine Australia is a national telephone service for men with family and relationship concerns. The service is available 24 hours a day, seven days a week – **1300 789 978**

The **Men's Referral Service** offers anonymous and confidential telephone counselling, information and referrals to help men stop using violent and controlling behaviour – **1300 766 491**

Legal Aid NSW has a **Domestic Violence Unit** - **(02) 9219 6300**

Visit www.domesticviolence.nsw.gov.au for more information.