



Preparing to Leave

- ❖ Because violence could escalate when someone tries to leave, here are some things to keep in mind before you leave:
- ❖ Keep any evidence of physical abuse, such as pictures of injuries.
- ❖ Keep a journal of all violent incidences, noting dates, events and threats made, if possible. Keep your journal in a safe place.
- ❖ Know where you can go to get help. Tell someone what is happening to you.
- ❖ If you are injured, go to a doctor or an emergency room and report what happened to you. Ask that they document your visit.
- ❖ Plan with your children and identify a safe place for them, like a room with a lock or a friend's house where they can go for help. Reassure them that their job is to stay safe, not to protect you.
- ❖ Contact your local shelter and find out about laws and other resources available to you before you have to use them during a crisis. WomensLaw.org has state by state legal information.
- ❖ Acquire job skills or take courses at a community college as you can.
- ❖ Try to set money aside or ask friends or family members to hold money for you.