

SAFETY PLANNING

1

Dial 911 in an emergency situation.

2

If it is safe to do so, maintain communication with your friends and family.

3

Establish a “call 911” code word, phrase, or signal to use with children, family, friends, or neighbors.

4

Teach children how to get help.

5

Identify areas of the house where there are no weapons and allows for escape/exit.

6

Practice your exit plan and teach it to your children.

7

If physical abuse occurs, make yourself as small as possible.

8

Use technology safely.

9

If safe to do so, limit access to weapons.

Contact the Employee Assistance Program for more assistance with safety planning: 214-648-5330