

# Domestic Violence Safety Planning

Patient Factsheet  
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## What is it?

You may need a safety plan if you feel you are at risk of domestic and family abuse and violence. A safety plan is a series of steps that will help you avoid a dangerous situation. This plan will keep you and your children safe in an emergency.

Seeing a potential threat of violence isn't easy. But, it's very important to be prepared in case things at home become unsafe. Remember, nobody deserves to live in fear.

## What will my GP do now?

You have already spoken to your GP about domestic violence. This topic is hard to talk about, but you have done the right thing in starting the talk.

Your GP will now help you to:

- Develop your safety plan – and review it if things change or if you decide to leave home
- Give you extra support – together, you'll discuss the option of being referred to a domestic violence support worker

## What can I do?

After you decide on what to include in your safety plan, see your GP to talk it through. Keep your plan hidden in a safe place. Even if it is safe to go home now, it may not be in future. Remember, you may need to leave home at short notice.

If you ever don't feel safe to go home, phone the Domestic Violence information line on [1800 65 64 63](tel:1800656463). You'll speak to a counsellor who can help. This helpline is a 24-hour service.

If you feel you are in danger, visit the nearest police station.

## Helping your children

It's very important you take the time to teach your children about the warning signs of danger.

- Keep the conversation practical – in the same way you'd teach your kids about fire safety
- Practice escape routes – talk about these at the same time as you talk about fire escapes
- Have an emergency contact – so your children know who to go to or call in an emergency
- Teach your kids how to call 000 – make sure they know their address and how to explain their situation

## Internet safety tips

You may need to do one or more of these safety steps to protect your privacy.

- Change or delete all your social media accounts to protect your personal details
- Change your email accounts and use a different name and birthday when you register for a new account
- Get your computer checked for programs that can track your keystrokes
- Access the internet at the library or from a friend so your browsing habits can't be traced

## Safety Planning Considerations

### With your GP, think about: Escape plan

How you're going to get out of home if things spiral out of control

### Emergency exits

How you'll leave in a hurry

### Escape bag

A bag packed with essentials like keys, papers, toys, and cash

### Spares

Leave keys, important papers, and photocopies of bank cards with someone you trust

### Second mobile phone

Get another phone, so your calls can't be checked

### Changed routine

Catch different trains or trams, leave home or work at different hours, shop in different places or online

### Park in public

Try to avoid underground or empty car parks

### Extra help

If you don't have someone you can trust, your GP can help you find support

# Domestic Violence Safety Planning

## When should I call the police?

If you ever feel you are in danger, or if you or your children have been seriously injured, phone **000** immediately.

## What supports are available?

**Police:** The police can help with safety planning. Ask to speak to the Domestic Violence Liaison Officer (DVLO).

The DVLO is trained in these issues.

**Domestic Violence Line:** A service that deals with intimate partner violence **1800 656 463**

This line offers crisis counselling and help if you need a place to stay in an emergency.

**1800 RESPECT:** Phone and online counselling for people dealing with domestic violence.

Phone 1800 737 732 or visit [1800respect.org.au](http://1800respect.org.au)

**Green Valley Domestic Violence Service:** Free for women in Liverpool and surrounds. Phone: **1800 111 146**

## Where can I learn more?

For a useful guide to help you make your safety plan, use this Safety Planning Checklist available at [1800respect.org.au](http://1800respect.org.au)

For information about domestic violence, visit the NSW Domestic & Family Violence : [domesticviolence.nsw.gov.au](http://domesticviolence.nsw.gov.au)



## What questions could I ask my doctor?

- What should I tell my children?*
- Who can I call if I can't go home?*
- What possible issues are there?*
- Who do I call in an emergency?*
- Should I tell school or childcare about the violence?*
- Should I report the violence to police?*
- How can I make another appointment?*
- What should I tell my partner if they ask what we discussed?*



### Accommodation and Refuge Services

Argyle Housing: [argylehousing.com.au](http://argylehousing.com.au)

Domestic Violence Line: [community.nsw.gov.au](http://community.nsw.gov.au)

Hume Housing: [humecha.com.au](http://humecha.com.au)

Link2Home: [housing.nsw.gov.au](http://housing.nsw.gov.au)

### Counselling and Support Services

Creating Links: [creatinglinks.org.au](http://creatinglinks.org.au)

Benevolent Society Domestic Violence Services:  
[benevolent.org.au](http://benevolent.org.au)

ACON Counselling for LGBTI: [acon.org.au](http://acon.org.au)

The Gender Centre: [gendercentre.org.au](http://gendercentre.org.au)

The Line: [theline.org.au](http://theline.org.au)

Victims Services: [victimsservices.justice.nsw.gov.au](http://victimsservices.justice.nsw.gov.au)

### For cultural support

Migrant Resource Centres: [refugeecouncil.org.au](http://refugeecouncil.org.au)

Immigrant Women's Speakout: [speakout.org.au](http://speakout.org.au)

### Legal support services

Warringa Baiya Aboriginal Women's Legal Centre:  
[warringabaiya.org.au](http://warringabaiya.org.au)

Women's Domestic Violence Court Assistance Service:  
[victimsa.org](http://victimsa.org)

Safe Relationships Project: [iclc.org.au](http://iclc.org.au)

Women's Legal Services NSW: [wlsnsw.org.au](http://wlsnsw.org.au)

Domestic Violence Legal Advice Line: [wlsnsw.org.au](http://wlsnsw.org.au)

### Services for people who use abusive and violent behaviour

Baptist Care Services (Lifecare): [baptistcare.org.au](http://baptistcare.org.au)

MensLine Australia: [mensline.org.au](http://mensline.org.au)

Men's Referral Service (MRS): [ntvmrs.org.au](http://ntvmrs.org.au)

This information is to be viewed by someone who has received a diagnosis from their doctor. It is not designed to be used to diagnose a condition or as a substitute for ongoing medical care

Health Resource Directory factsheets are endorsed by South Western Sydney PHN's Community Advisory Committee and local GPs

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