**My Emergency Safety Plan**

**If I don’t feel safe inside my house, I will leave and go to a safe place and contact the people that can help keep safe. If I am unable to leave my home**

**I will go to the safest place inside my house, and make a call to the relevant services including the police if needed.**

My safe place outside my house is:

My safest place inside my house is:

****

I will phone the police on the below numbers if I am afraid that I might get hurt or

if I am hurt.

** **

**I will talk to someone that I trust about what is happening to me, so that I have a friend/family member that I can turn to**

That person is: Their number is:

**** ****

I can contact them at:

****

If they are not available, I can contact: Their number is:

** **

My safety code word is:

****

**I know the details of two services I could access who understand about adults/parents who are experiencing relationship abuse.**

** **

**These are the two things that I know will keep me safe:**

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**What is a safety Plan?**

A safety plan is a way to help you to stay safe. All adults, young people and children who are experiencing or have experienced abuse in their relationships should have a safety plan even if the abuse has stopped.

The safety plan (see opposite) should be completed to help protect you from getting hurt, and to help keep you safe.

Planning your safety involves looking at the risks you are facing, your physical and emotional needs, and equipping you to make choices that may keep you from serious harm. The professional that you are working with will help you to think through lifestyle changes that you may need to make, in order to reduce risks, and to be as safe as possible

wherever you are.

**Why is it helpful to have a safety Plan?**

Everyone, including you, deserves healthy, safe and supportive relationships. A safety plan can lower your risk of harm and abuse – you can’t control your child/ partners behaviour but you can take action to reduce risk or avoid risky situations. It is important that this safety plan is about you and your current situation**.**

**How do I make a Safety Plan?**

The professional you’re working with will take time to discuss your situation to understand what risks you’re facing and to think about what can be done to make you safer. They will explain what they will do with the information you provide before they ask the questions.

Once the professional who works with you has completed the screening tool/ risk assessment, they will spend some time putting together a safety plan with you. They can also help you to decide what you want to change and what you want to remain the same. They will give you open and honest guidance about what your choices and options are, and help you make decisions that are right for you.

I will identify a safety code word that can be used in texts or calls with people I trust. This will help keep me safe and prompt a call for help from the person who receives the code word.

**Help and Support**

**Below is a list of helpline numbers where you can talk to someone about what you are experiencing. If you are in immediate danger, please call 9**

**Local Support Services**

**Impact Family Services and Domestic Abuse Service** - 0191 4567577

Offers a diverse range of services for families in conflict and/or breakdown

**Early Help Service** - 0191 4246210. Open 9.00am-5.00pm

Offers family-orientated service that works closely with parents/carers and children providing interventions to help prevent escalation of needs

**Women’s Refuge** - 0191 4548257. Offers advice and support to women at risk of domestic abuse as well as providing safe, temporary and emergency accommodation Open 24 hours

**South Tyneside Domestic Abuse Services Handbook**

[https://www.southtyneside.gov.uk/media/26960/South-Tyneside-Domestic-Violence-and-Abuse-Guide-and-Service-Directory/pdf/9956\_Domestic\_Violence\_Directory\_2017\_FINAL](https://eur03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.southtyneside.gov.uk%2Fmedia%2F26960%2FSouth-Tyneside-Domestic-Violence-and-Abuse-Guide-and-Service-Directory%2Fpdf%2F9956_Domestic_Violence_Directory_2017_FINAL&data=02%7C01%7Charrison%40hotmail.co.uk%7C089f5ece5f3949c4292a08d5163e51ca%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C636439379265034877&sdata=hALRnVfzkdl4gwLJZ1qGf8ERK%2Fh7YhYyysDjto6RcBA%3D&reserved=0)

**Children Family Social Care** - 0191 4245010 out of hours 0191 4562093

This service provides advice to anyone who has safeguarding concerns for a child or young person.

**Adult Social Care let’s talk service** - 0191 4246000. Open 9.00am- 5.00pm **letstalk@southtyneside.gov.uk** online information and telephone advice supported by trained Adult Social Care Advisors.

**Police** – 101 open 24hours

**Youth Justice Service** - 0191 4272850

**National Support Services**

**Respect Helpline** for families and teen relationships who use violence and abuse 08088024040 Open 9.00-5.00pm

**Family Lives** (formerly parent line plus) – 0808800222

**Men’s Advice Line** - 08088010327

**Women’s Aid - 24hr Freephone National Domestic Violence Helpline (run in**

**partnership between Women’s Aid and Refuge) is available on 0808 2000 247 24 hours a day, 7 days a week.**