



Ask for Help

MN Day One Emergency Shelter & Crisis Hotline

Talk to an advocate about an order of protection, confidential address program, or other potential resources.

Phone: 1-866-223-1111 **Chat:** dayoneservices.org

Text: 612-399-9995

Email: safety@dayoneservices.org

Spoken Language Interpreters available 24/7
(telephonic)

MN Day One Crime Victim Support Line

Phone: 1-866-385-2699 **Chat:** dayoneservices.org

Text: 612-399-9977

Email: safety@dayoneservices.org

Spoken Language Interpreters available 24/7
(telephonic)

National Domestic Violence Hotline

Phone: 1-800-799-7233 **Chat:** thehotline.org

Videophone: 855-812-1001 (M-F 9-5)

Instant Messenger: DeafHotline

Email: deafhelp@thehotline.org

Metro Shelter Hotline

1-888-234-1329

CALL 2-1-1 United Way

Toll Free: 800-543-7709 **Local:** 651-291-0211

Text your zip code to 898-211 (M-F 8-7)

Crisis Text Line

Text MN to 741741

National Suicide Prevention Lifeline

1-800-273-8255

Call or Text 911

Safety Plan

A safety plan focuses on problem solving around any obstacle to your safety.



A good safety plan will have all of the vital information you need and be tailored to your unique situation, and will help walk you through different situations.

IMPORTANT: Make sure it is safe to write anything down on paper or take it with you.

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Developed by the Survivor Service Provider Workgroup of the Hennepin County Coordinated Entry System



Person(s)-Who is a safe person you can contact if you're feeling unsafe?



Children or other family members in the home- Who and how can they ask for help? Where can they go during a violent incident? Brainstorm a safe word to call 911 if needed.



Place(s)- If you need to leave quickly for a short time, where could you go? Keep in mind public and private spaces.



Communication- What is the safest way to communicate? (e-mail, text) Keep/hide a burner phone (under the mattress, with cleaning supplies, tampon box). Program crisis numbers or emergency contacts under an inconspicuous name.



Transportation- Locate the nearest bus line. Keep enough cash to jump on a bus/taxi if needed. Keep a spare set of keys near you, Is there someone who can be alerted to pick you up?



Pets- Is there a safe person that your pets can stay with temporarily? Call Day One for possible resources for pet safety.



Change locks – Talk to your landlord or an advocate for help changing your locks.



Social Media/Technology - Check your privacy and location settings on your social media accounts and technology devices. Block people on your phone/social media, Change your passwords, Factory Reset, Change number, Log out of your accounts.



Quick Exit - Pack a just-in-case 'go bag' to leave in the car, at a friend's house, coat closet etc. Include spare clothes, child/family member related items and any other immediate need items.



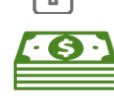
Identification papers/cards – Store extra copies of yours/family members in a safe place.



Prescriptions – Save a list (on paper/phone/e-mail) of what they are and which doctor prescribed them in case you need to replace them.



Cash/Bank Cards – Keep cash/cards in different places/pockets so it can all be taken at once.



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Lined writing area for notes, with a label 'Other:' at the bottom.