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)

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

Crisis Text Line
Text MN to 741741

National Suicide Prevention Lifeline
1-800-273-8255
Call or Text 911
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. Inculde 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.