

# TALK TO US

For emotional support, resources, to make a plan, or to learn more. We are here for you.

## SAFE HAVEN WOMEN'S SHELTER SOCIETY

(403) 223-0483

shcrisis@telus.net

[www.tabersafehaven.ca](http://www.tabersafehaven.ca)

### WHAT IS UNSAFE?

Abuse can be hearing or seeing someone hitting, shouting, kicking, or throwing things at you or someone else. Sometimes people also try and control the things you do, and how you spend your money.

Knowing who to call and how to get help is the best way to help keep you or someone in your family safe when abuse is happening.

### REMEMBER

- None of this is your fault.
- Go somewhere safe. It isn't up to you to stop the abuse from happening
- There are people who can help. They will listen and help you and your family with the pain of being hurt

**MY SAFETY PLAN**

**SOMEONE IS HURTING ME OR SOMEONE I KNOW**

# SAFETY PACK

Keep your safety pack somewhere hidden that you can grab quickly, or ask a safe person to hold onto it for you.

Things to pack for you/your children:

- Identification
- Health care cards
- Drivers License
- Passport
- Birth certificates
- Social Insurance Card
- Cash & debit/credit cards
- Status Card
- Custody/restraining orders
- Immigration or work permits
- Medication
- Keys
- Clothing

**Your safety is most important.** Get away quickly even if you can't take anything with you

# MY SAFETY PLAN

When I get scared I can go to:

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When I'm feeling sad or afraid I can talk to:

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The best ways to get out of my house are:

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In an emergency I should:

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Important phone numbers:

★ My phone number:

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★ Police/band constable:

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★ Neighbour, friend, or relative:

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# SAFE PLACES

- Abuse can happen anywhere.
- Pick a safe room, street, or area, with a lock or access to a phone if you can.
- Contact a safe person that will help you get out away from the abuse.

# SAFE PEOPLE

Safe people are people you trust to listen to you and help get you to safety. They can be friends, relatives, neighbours, coworkers, , teachers, police, or staff at Safe Haven. Reach out to them, and share your safety plan with them. They want to help you.

I can share my safety plan with:

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