

The Center for Family Safety and Healing Personalized Safety Plan



The following steps can serve as a customized guide to help me increase my safety and prepare for the possibility of further violence. Although I do not have control over my abuser's violence, I do have a choice about how to respond to him/her and how to best get myself and my child(ren) to safety. If at any time I feel that my current plan is not working, I can change any part of it to meet my needs. **I will be sure to keep this document in a safe place and out of reach of my abuser.** If I need help filling out this plan, I can ask a domestic violence advocate at The Center for Family Safety and Healing or a trusted friend or family member.

STEP 1: SAFETY DURING A VIOLENT INCIDENT

It is not always possible to avoid violent incidents. In order to increase safety, I can use some or all of the following strategies:

- A. I can keep a cell phone on me AT ALL TIMES that has a charged battery so I can contact 911 if necessary. (Phones that are charged, whether or not they have service, minutes, or a plan, will still contact 911).
- B. I can teach my children how to call 911 to contact the police and fire department.
- C. I can tell _____ about the violence and request they call the police if they hear suspicious noises coming from my house.
- D. I will use _____ as my code word with my child(ren)/family/friends so that if they hear this word they can call for help if I am unable to do so.
- E. I will check with _____ and _____ to see who would be able to let me stay with them or lend me some money.
- F. When I expect we are going to have an argument, I will try to move to a space that is lowest risk, such as, _____. (Avoid bathrooms, kitchens, or rooms/areas with weapons).
- G. I will use my judgment and intuition. If the situation is very serious, I can give my abuser what he/she wants to calm him/her down.
- H. I can keep my purse/wallet and car keys ready and put them _____ in order to leave quickly.
- I. If I decide to leave, I will _____.
(Practice how to get out safely, i.e. what door, window, etc. will you use?)
- J. If I have to leave my home, I will go to _____ or _____.
- K. If I cannot go to the locations above, then I can go to _____.
- L. I can teach some/all of these strategies to my child(ren).

**For help completing this plan in Franklin County contact an advocate at
The Center for Family Safety and Healing Adult Services Program 614-722-8293**

My Advocate's Name _____ **Direct Number** _____

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STEP 2: SAFETY WHEN PREPARING TO LEAVE

Abused individuals frequently leave the residence they share with the abuser. Leaving must be done with a careful plan in order to increase safety. Abusers often strike back when they believe that the person they are abusing is leaving. I know it is important for me to consider safety when preparing to leave so I can use some or all of the following strategies:

- A. I will leave money and an extra set of keys _____ so I can leave quickly.
- B. I will keep copies of important documents _____.
- C. I can leave extra clothes, personal items, and money with/at _____.
- D. To increase my independence, I can obtain my own post office box or forward mail to someone I trust. If I am moving to a new address in Ohio I can contact my advocate or the Safe at Home program at 614-995-2255 or <http://www.sos.state.oh.us/sos/agency/initiatives/SafeatHomeOhio.aspx> to keep my new address confidential.
- E. If my abuser monitors my phone, I must either use calling cards or borrow a friend's cell phone for a limited time when preparing to leave and just after I have left.
- F. I will memorize family member's/friend's numbers so that I/someone else can contact them if my phone is taken.
- G. The Franklin County domestic violence program's 24 hour hotline number is **614-224-4663**. If necessary, I can seek shelter by calling this hotline.
- H. I understand that if I share a cell phone account with my abuser, the following month the phone bill will tell my abuser those numbers that I called after I left.
- I. I will sit down and review my safety plan every _____ with _____ in order to plan the safest way to leave the residence.
- J. I will rehearse my escape plan and, as appropriate, practice it with my child(ren).

ITEMS TO TAKE WHEN LEAVING:

IDENTIFICATION FOR MYSELF (ID/PASSPORT/GREEN CARD)	MEDICAL RECORDS FOR ALL FAMILY MEMBERS
DRIVER'S LICENSE AND REGISTRATION	WELFARE IDENTIFICATION
BIRTH CERTIFICATES (FOR MYSELF AND MY CHILD(REN))	WORK PERMIT
SOCIAL SECURITY CARDS	LEASE/RENTAL AGREEMENT OR HOUSE DEED
SCHOOL AND VACCINATION RECORDS	MORTGAGE PAYMENT RECORDS
MONEY, CHECKBOOK, ATM CARD, CREDIT CARDS	INSURANCE PAPERS
PROTECTION, STAY AWAY, OR RESTRAINING ORDER PAPERS	ADDRESS BOOK/LIST OF INTERNET PASSWORDS
DIVORCE PAPERS	PHOTOS AND ITEMS OF SPECIAL SENTIMENTAL VALUE
KEYS-HOUSE/CAR/OFFICE	JEWELRY
MEDICATIONS	SMALL SALEABLE OBJECTS
PET(S) AND THEIR VACCINATION RECORDS/LICENSES	CHILDREN'S FAVORITE TOYS/GAMES/BLANKETS

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24/7 CHOICES Hotline (Franklin County only) 614-224-HOME (4663)

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STEP 3: SAFETY IN MY OWN HOME

There are many things that I can do to increase my safety in my own residence. It may not be possible for me to do everything at once, but safety measures can be added step-by-step. Some safety measures I can use include:

- A. I can change the locks on my doors and windows as soon as possible.
- B. If I live in rental property, I can talk to my landlord about what we can do to improve the safety of my home.
- C. If I own my home, I can visit a hardware store and get information on improving the safety of my home.
 - I can install additional locks, window bars, poles to wedge against doors, and/or inexpensive door/window alarms (If I am unable to obtain these items, I will ask my advocate for help).
- D. To keep my address confidential, I will not post my name on the outside of my house/apartment.
- E. I can purchase rope ladders to be used for escape from second floor windows.
- F. I can install smoke detectors and purchase fire extinguishers for each floor in my home.
- G. I can install outdoor cameras or a motion-detecting lighting system to alert me when others are close to my home.
- H. I will tell those who take care of my child(ren) which people have permission to pick up my child(ren) and that my abuser is not permitted to do so. The people I will inform about pick-up permission include:

School: _____

Day Care Staff: _____

Babysitter: _____

Faith Leader: _____

Teacher/Principal: _____

Other(s): _____

- I. I will inform _____ and _____ that my abuser no longer resides with me and that they should call the police if he/she is observed near my residence.

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STEP 4: SAFETY WITH A PROTECTION ORDER

Protection orders are another way that I may be able to increase my safety but I will be mindful that one could possibly cause my abuser to escalate. Because obtaining a protection order can inform my abuser of my address, I can ask the courts to keep my address confidential or enroll in the Safe at Home program (see Step 2D). Since a protection order will not be valid until it is served to the abuser I must make sure the courts have his/her current addresses. **In Ohio, the type of protection order I file will depend on a variety of factors and can include protection for my child(ren) and/or pet(s).**

Temporary Protection Order (DVTPO) and Criminal Protection Order (CRPO): If your abuser has been arrested on a charge of domestic violence, assault, a sexually oriented offense, or any other offense of violence, you may ask the Judge in the criminal case for a DVTPO or CRPO. This is usually done at the arraignment or your abuser's first court appearance. You should advise the Prosecutor or the victim advocate at the courthouse if you want to apply for this type of protection order. Both orders require the abuser to stay away from the victim and her/his residence for the duration of the criminal case. DVTPOs and CRPOs are enforceable by law enforcement once they are issued by the court and served to the offender. Parties involved do not have to be family or household members. Once the criminal case is over, whether the abuser makes a plea or is found guilty or not guilty at trial, the DVTPO or CRPO is no longer valid. To ensure that you are protected, you should consider also filing for the appropriate civil order of the three listed below.

Civil Protection Order (CPO): If you have been assaulted or threatened by an intimate partner or other family or household member and have an ongoing fear that that person will commit domestic violence against you, you may be eligible for a CPO, which is a civil order to protect victims of domestic violence. Your abuser does not have to have been arrested to obtain a CPO. CPOs prohibit the abuser from being nearby, contacting or harassing the victim and are enforceable by law enforcement once they are served to the offender. These orders can also address visitation and custody of the child(ren) and/or pet(s), child support, possession of the residence, etc. They can last up to 5 years and can be extended. While an attorney can be helpful, having one is not necessary to file for a CPO. If you wish to be represented in Franklin County but cannot afford an attorney you can apply for representation through the Capital University Family Advocacy Clinic between 10:30 a.m. and 2:30 p.m. on the 17th floor of the Franklin County Courthouse at 375 S. High St. If you wish to proceed without an attorney, you can obtain the paperwork necessary to file on the 6th floor of the Franklin County Courthouse at 373 S. High St. from 8-11 a.m. and 1-3 p.m., Mon.-Fri. It is a good idea to talk to an advocate about the CPO process prior to filing.

Civil Stalking or Sexually Oriented Offense Protection Order (SSOPO): If you are being stalked or have been a victim of a sexually oriented offense, you may be eligible for a SSOPO, which is a civil order. SSOPOs prohibit the perpetrator from being nearby, contacting or harassing the victim and are enforceable by law enforcement once they are served to the offender. The two parties do not have to have any affiliation or relationship. An attorney can be helpful but having one is not necessary to file for a SSOPO. If you wish to proceed without an attorney in Franklin County, you can obtain the paperwork necessary to file at the Franklin County Court of Common Pleas, 345 S. High Street, 2nd Floor, Suite 2402 between 8 a.m. and 3 p.m., Mon.-Fri. It is a good idea to talk to an advocate about the SSOPO process prior to filing.

Juvenile Protection Order (JPO): If you have been the victim of teen dating violence, domestic violence, stalking, sexual assault, or other violent crimes and the offender is under the age of 18, you may be eligible for a JPO, which is a civil order. JPOs prohibit the perpetrator from being nearby, contacting or harassing the victim and are enforceable by law enforcement once they are served to the offender. The two parties do not have to have any affiliation or relationship. While an attorney can be helpful, having one is not necessary to file for a JPO. If you wish to proceed without an attorney in Franklin County, you can obtain the paperwork necessary to file on the 6th floor of the Franklin County Courthouse at 373 S. High St. from 8-11 a.m. and 1-3 p.m., Mon.-Fri. It is a good idea to talk to an advocate about the JPO process prior to filing.

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STEP 4 (CONT.): SAFETY WITH A PROTECTION ORDER

Many abusers obey protection orders, but one can never be sure who will obey and who will violate protection orders. I recognize that I may need to ask the police and the courts to enforce my protection order. The following are some steps that I can take to help the enforcement of my protection order:

- A. I will keep a copy of my protection order with me at all times. I will also keep a copy of my protection order _____ and _____ (locations).
- B. Although I do not have to for it to be effective, I can take my protection order to police departments in the community where I work, in those communities where I usually visit family or friends, and the community where I live in order for them to be aware of my situation.
- C. A Civil Protection Order is enforceable throughout Ohio. However, if I visit other counties in Ohio often, or move to another county, I should file my protection order with the court in those counties. I will register my protection order in the following counties: _____ and _____.
- D. I can call the local Prosecutor's Office or Clerk of Courts if I am not sure about B or C above or if I have any problems with my protection order.
- E. I will inform _____ and _____ (employer, friend, daycare provider, school, landlord, faith leader, etc.) that I have a protection order in effect and provide copies, as appropriate.
- F. If my abuser destroys my protection order, I can get another copy from the Clerk of the Common Pleas Court's office in my county.
- G. If my abuser violates the protection order by contacting me by phone, text message, email, voicemail, or social media post I can call the police to report the violation, contact my attorney, call my advocate, and/or advise the court of the violation. If I have a smart phone I can use the "screen shot" feature to document the violation. I can print these "screen shots" and keep them in a safe place or forward them to my email for safe keeping. If I do not know how to do this I will ask my advocate or my wireless phone provider.
- H. If the police do not help, I can contact my advocate or attorney to file a complaint with the police department.
- I. I can also file a private criminal complaint with Prosecutor's Office in the jurisdiction where the violation occurred or call my domestic violence advocate to help me with this.

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STEP 5: SAFETY ON THE JOB AND IN PUBLIC

Each abused individual must decide if/when to tell others that abuse is occurring and if there is a possibility of continued risk. Friends, family and co-workers can help to provide protection. I should consider carefully which people to invite to help me secure my safety. I might do any or all of the following:

- A. I can keep a cell phone on me AT ALL TIMES that has a charged battery so I can contact 911 if necessary. (Phones that are charged, whether or not they have service, minutes, or a plan, will still contact 911).
- B. I can inform my supervisor, my Human Resources department, the security supervisor, and _____ at work of my situation.
- C. I can provide my security department, supervisor, and coworkers with a recent photo of my abuser and request that they intervene properly if he/she is seen at work.
- D. I can talk to my supervisor about changing my schedule/shift and, if possible, about not closing alone.
- E. I can ask _____ to help me screen my phone calls at work.
- F. I will observe exit routes in my work area and plan ahead in case I have to leave quickly.
- G. When leaving work, I can _____.
- H. If problems occur when I'm driving home, I can _____.
- I. If I use public transportation, I can _____.
- J. I will go to a different grocery store, shopping mall, and bank to conduct my business.
- K. I will conduct my business at hours that are different from those I used when residing with my abuser.
- L. If I am in school, I can use some or all of the strategies mentioned above to increase my safety.
- M. I can be aware of my surroundings and all exits in new public places.

STEP 6: SAFETY AND DRUG OR ALCOHOL USE

The legal outcomes of using illegal drugs can be very hard on a victim of domestic violence, may hurt the relationship with his/her child(ren), and put him/her at a disadvantage in other legal actions with the abuser. Therefore, I should carefully consider the potential cost of using illegal drugs. If drug or alcohol use has occurred, I can enhance my safety by some or all of the following:

- A. The use of alcohol or other drugs can reduce my awareness and ability to act quickly to protect myself from my abuser. I understand that choosing not to use alcohol or other drugs would be safest. If I am going to use, I can do so in a safe place with people who understand the risk of violence and are committed to my safety.
- B. If my abuser is using, I can _____.
- C. To safeguard my child(ren), I might _____.

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STEP 7: SAFETY AND MY EMOTIONAL HEALTH

The experience of being abused and verbally degraded is usually exhausting and emotional draining. The process of building a new life for myself takes much courage and incredible energy. I must remember that I am not at fault for the abuse I have experienced. To conserve my emotional energy and to avoid hard emotional times, I can do some/all of the following:

- A. If I feel down and ready to return to a potentially abusive situation, I can _____
_____.
- B. To prevent further emotional stress, I can limit conversations with my abuser.
- C. If I have to communicate with my abuser in person or by telephone, I can _____
_____ (Tell someone where I'll be, limit the conversation, etc.).
- D. I can try to use "I can...." statements with myself and be assertive with others.
- E. I can tell myself " _____ " whenever I feel others are trying to control or abuse me.
- F. I can read _____ to help me feel stronger.
- G. I can call _____ and _____ to be of support to me.
- H. Other things I can do to help me feel stronger are _____ and _____.
- I. I can ask my domestic violence advocate for a counseling referral.
- J. I can call my advocate or the local domestic violence hotline 24 hours a day/7 days a week for additional support.
- K. I can attend workshops and support groups at the domestic violence program or _____ to gain support and strengthen my relationships with other people.
- L. Some things I could do for myself today include _____ and _____.
- M. If I am especially down I can call _____ and _____ for support.
- N. If I feel I am at risk for harming myself, I can _____ and use the Suicide/Self-harm Plan created by myself and my advocate or clinician to guarantee my safety.
- O. I could also contact the Suicide Prevention Services hotline in Franklin County at 614-221-5445 or the National Suicide Prevention Lifeline at 1-800-273-8255 24 hours/day if I need support.
- P. Lastly, if I feel there is potential I could harm myself or someone else, I can call **911 or Netcare Access at 614-276-CARE (2273) or get immediate help at a local hospital emergency department.**

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STEP 8: TECHNOLOGY SAFETY

Technology can be helpful in linking me to outside supports and resources. However, it is important to remember that technology can also be used to harm me and allow my abuser further access to power and control. I can use some or all of the following strategies:

- A. Having phone access is important in reaching outside resources. I can consider obtaining another donated phone from a shelter or domestic violence program or buy a pay-as-you-go phone. (All cell phones that are charged, whether or not they have service, minutes, or a plan, will still contact 911. I can keep an extra phone in my car, purse, bedroom, etc.).
- B. I can set a privacy pin or password on my cell phone so that my abuser does not have access to it.
- C. I can use Caller ID, voicemail, or an answering machine to screen my calls.
- D. Technology can be used to convey threats or intimidate the recipient. If I receive such messages I can _____.
- E. If I have a smart phone I can use the “screen shot” feature to save threatening emails/texts/messages and forward them to my email. If I do not know how to do this I will ask my advocate or my wireless phone provider.
- F. I can use a tape recorder/phone recording equipment or apps to record communication with my abuser, especially if I have a protection order in place.
- G. If I am being harassed by my abuser, I can consider getting a new, unlisted phone number.
- H. GPS settings on my phone or car can allow my abuser to track my movements. I will remember to _____ (consider new accounts).

Note: social media accounts will post my whereabouts if my phone location services are on.

- I. I realize my computer activity can be traced. If I believe my computer activity is being monitored, I can _____.
- J. Email accounts have the ability to reveal a lot of information about my online behaviors and intentions. I will _____ to minimize access to my email account.
- K. If I have shared my passwords/pins with my abuser I will _____.
- L. For more information on how to keep myself safe with technology or to help me decide which safety apps are best for me I can go to <http://techsafety.org/resources-survivors>

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STEP 9: FINANCIAL SAFETY

One common barrier to leaving an abuser is a lack of finances. Gaining financial independence is important but can take some time. While in the relationship or home with the abuser, it is best to make small changes at first-changes that will go undetected or can be easily hidden. I can use some or all of the following strategies:

- A. As I can, I will put small amounts of money away in a safe place or my own bank account.
- B. If I get paid in cash or receive tips, I can save a portion of the money.
- C. I can try to earn extra income from babysitting, recycling, selling clothes or belongings, etc.
- D. I can open my own bank account or purchase prepaid debit cards so that my abuser cannot track my purchases.
- E. I can consider obtaining a safety deposit box for money and other valuables.
- F. I will ensure that my financial documents (bank statements, credit card bills, etc.) are in a safe place where I can grab them in a hurry.

When leaving, I can use some or all of the following strategies:

- A. If I share a joint account with my abuser, I can withdraw money from that account to keep myself (and my child(ren)) safe. **But I know it is always important to do what is safest for me!**
- B. If possible, I will open my own bank account at a different bank/location.
- C. I will change direct deposit information as soon as possible. (This process may take a few billing cycles so I may need to request paper checks sent to my new address until changes can be made).
- D. If my abuser is not listed as a joint account holder but has access to my accounts, I will request new bank/ATM cards and change all passwords and PIN numbers.
- E. I can also request that companies/organizations put “fraud alerts” or “red flags” on my accounts (including ODJFS benefits, banks, cell phone providers, utility companies, etc.) so my abuser can no longer utilize them.

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STEP 10: SAFETY AND STALKING

Stalking is known to happen most frequently with abused individuals during the leaving process. However, it can also occur while still in a relationship or home with an abuser. No matter what, stalking can be extremely dangerous and can intensify over time so it is important for me to keep myself and my family safe during this time. I can use some or all of the following strategies:

- A. I can be aware of my surroundings and keep a journal or log of all stalking activity in a safe place or with a trusted person (record dates, times, and events).
- B. I can save any harassing or threatening messages, texts, emails, or letters from my abuser, will consider them serious, whether indirect or direct, and report them to law enforcement immediately. I can forward these to my email or a trusted friend or family's phone or email for safe keeping.
- C. I can vary my routines by taking different routes to _____ and _____.
- D. In public, I will try not to travel alone and will stay in areas where I can reach someone for help, especially at night.
- E. If I feel I am in imminent danger I can go to _____ or _____.
- F. I can inform those close to me about the stalking and _____.
- G. I will consider obtaining a Civil Protection Order (CPO) or a Civil Stalking or Sexually Oriented Offense Protection Order (SSOOPO) (see Step 4 for protection order options).
- H. I can also _____ to ensure my safety and the safety of my child(ren).

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STEP 11: SAFETY AND MY CHILD(REN)

Survivors of domestic violence experience a certain amount of fear and stress when being abused but the abuse can also put extensive strain on the child(ren) who have witnessed the abuse or have been victims themselves. When planning for my own safety, it is important to consider the safety of my child(ren) as well, even if I think my abuser would never harm my child(ren). To ensure the safety of my child(ren) I can do any or all of the following:

- A. Teach my child(ren) how and when to dial 911 (be sure they know their address or location and encourage them to STAY on the phone with the dispatcher).
- B. Use _____ as a secret code word with my child(ren) to use for emergencies.
- C. Help my child(ren) remember my full name, phone number, and home address.
- D. Make a list of safe people and their phone numbers in case my child(ren) need to reach out for help. I will be sure to put this in a safe place (backpack, coat pocket, etc.) for my child(ren).
- E. As age appropriate, plan with my child(ren) how to leave the home and identify safe places to go (it may help to practice fire, tornado, and safety drills simultaneously).
- F. Help my child(ren) identify a room they can go to when they're scared (have them bring a favorite toy/stuffed animal/blanket and hide an emergency cell phone in the room if possible). I will remember to stay out of bathrooms, kitchens, and rooms with weapons.
- G. Help my child(ren) understand that although they may want to protect me, it is not safe to intervene.
- H. Teach my child(ren) to be **SAFE** (**S**tay out of the fight, **A**void getting trapped, **F**ind a phone (to call for help), and **E**scape to a safe place).
- I. If I am staying at a shelter or a new location, I will explain how important it is to keep that location a secret.
- J. If I have to exchange my child(ren) with my abuser, I will make sure to do so in a busy place and during daylight hours if possible. I can take someone with me and plan ahead by contacting the meeting location to find out if it has working surveillance cameras (some ideas are banks, fast food restaurants, and some police stations).

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STEP 12: SAFETY AND PETS

Pets can be harmed when left with an abuser. If possible, I can take my pet(s) with me when I leave. If friends or family are unable to care for my pet(s), animal shelters may be able to help. Some domestic violence shelters even allow pets. I can consider asking for my pet(s) to be added to my protection order, as some states like Ohio allow this.

When planning to leave with a pet I can consider any or all of the following:

- A. Talk to friends, family members, veterinarians, or my local animal or domestic violence shelter to see who can help care for my pet(s). **(In Franklin County, Capital Area Humane Society's Safe Haven Program shelters pets of domestic violence victims. Their phone number is 614-315-0102).**
- B. Take steps to prove ownership of my pet(s) and have them vaccinated and licensed in my name.
- C. Pack a bag for my pet(s) including:
 - Food
 - Medicine
 - Documents of ownership (receipts from adoption/purchase of pet(s), licenses, etc.)
 - ID and rabies tags
 - Health documents (veterinary or vaccination records)
 - Leash, carrier/cage, toys, and bedding
- D. If I MUST leave my pet(s) behind, I will be sure to leave enough food, water, bedding, etc.
 - I can consider asking law enforcement or animal control if they can intervene. For information or to file a report in Franklin County I can call Animal Care & Control at 614-525-3400.

If I am able to take my pet(s) with me to my new temporary/permanent location:

- A. I will keep pet(s) indoors and avoid leaving them outside alone if possible.
- B. Choose a safe route and time to walk my pet(s).
- C. Try not to exercise or walk my pet(s) alone, especially at night.
- D. Change my veterinarian to one my abuser is not familiar with.

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IMPORTANT PHONE NUMBERS IN FRANKLIN COUNTY:

EMERGENCY ASSISTANCE	911
COLUMBUS POLICE (NON-EMERGENCY REPORTING)	614-645-4545
CHOICES (24 HOUR DOMESTIC VIOLENCE SHELTER AND HOTLINE)	614-224-HOME (4663)
THE CENTER FOR FAMILY SAFETY AND HEALING	614-722-8200
FRANKLIN COUNTY CHILDREN SERVICES (24 HOUR ABUSE HOTLINE)	614-229-7000
COORDINATED POINT OF ACCESS (EMERGENCY SHELTER)	1-888-474-3587 OR 1-8884SHELTR
HANDS ON CENTRAL OHIO (EMERGENCY FOOD, SHELTER, ETC.)	211 OR 614-221-2255

OTHER HELPFUL NUMBERS IN FRANKLIN COUNTY:

COLUMBUS CITY PROSECUTOR'S OFFICE (MISDEMEANOR CRIMES)	614-645-7483
-DOMESTIC VIOLENCE AND STALKING UNIT (17TH FLOOR)	614-645-6232
FRANKLIN COUNTY PROSECUTOR'S OFFICE (FELONY CRIMES)	614-525-3555
FRANKLIN COUNTY MUNICIPAL COURT	614-645-8186
FRANKLIN COUNTY CLERK OF COURTS	614-525-3600
CAPITAL UNIVERSITY FAMILY ADVOCACY CLINIC	614-236-6779
LEGAL AID SOCIETY OF COLUMBUS	614-224-8374
SUICIDE PREVENTION SERVICES (24 HRS)	614-221-5445
NETCARE ACCESS (24 HOUR MENTAL HEALTH SERVICES)	614-276-2273
SARNCO (24 HOUR RAPE HELPLINE)	614-267-7020
BRAVO (LGBTQI SERVICES)	614-294-7867
CENTRAL OH RESCUE AND RESTORE COALITION (HUMAN TRAFFICKING- 24 HRS)	614-285-4357 OR TEXT "HELP" TO 233733

ADDITIONAL NUMBERS:

VINE (24 HOUR VICTIM NOTIFICATION)	1-800-770-0192 OR 1-866-847-1298 (TTY)
NATIONAL DOMESTIC VIOLENCE HOTLINE (24 HRS)	1-800-799-7233
NATIONAL TEEN DATING ABUSE HELPLINE (24 HRS)	1-866-331-9474

**For help completing this plan in Franklin County contact an advocate at
The Center for Family Safety and Healing Adult Services Program 614-722-8293**

My Advocate's Name _____ **Direct Number** _____

I WILL BE SURE TO KEEP THIS PLAN IN A SAFE PLACE SO THAT IT CANNOT BE FOUND BY MY ABUSER.