

# SAFETY Planning



## Things to consider after you have left a relationship

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Having just left a violent or abusive environment can be the most dangerous time so please make the time to consider planning both you and your children's safety.

### **Planning for after you have left a violent relationship**

If one is not in place, apply for an invention order. The police, law courts, a solicitor or crisis support worker will be able to assist with this.

Apply for an exclusion order to have the abuser removed from home, so that you and your children can return.

If applicable alert your children's school about the situation in particular the principal, teachers, after school care; if you have an intervention order, instruct who is permitted to pick the children up.

Contact Centrelink to advise of situation and if applicable apply for financial support or a crisis payment.

Contact other relevant agencies such as your employer, landlord, doctor, dentist, accountant to advise of situation and ensure that your privacy, contact information is not share with anyone.

Open your own bank account, that only you have access to

Reassure your children that everything is okay and tell how much you love them and what is happening is not their fault.

If you have any questions about safety planning or want an crisis support advocate's assistance in developing a personal safety plan for you and your children, please call safe steps 24/7 crisis response on **1800 015 188**.

If have been placed in refuge accommodation the crisis support advocates will assist you after you have left.