

Your Personal Safety Plan

This leaflet is for anyone experiencing domestic abuse. A safety plan helps you think ahead and take steps to protect yourself and your children, whether you are staying, planning to leave, or have already left.

Immediate danger?

Call **999** straight away. If you can't speak, press **55** when prompted.

Simple safety planning

- Trust your instincts – you know your situation best.
- Stay near exits and avoid rooms with weapons where possible.
- Keep your phone charged and with you if you can.
- Agree a code word with someone you trust.

If you need to leave quickly

- Pack an emergency bag and keep it hidden or with someone you trust.
- Include ID, medication, bank cards, keys, documents and cash.
- Plan where you could go in an emergency.
- If safe, teach children how to call emergency services.

Staying safer online

- Use a safe device if possible.
- Clear browsing history after looking for help.
- Change passwords and check privacy settings.

Kent support & helplines

- **Police (emergency):** 999
- **Police (non-emergency):** 101
- **Victim Support Kent:** 0808 168 9276
- **Victim Support (24/7):** 0808 168 9111
- **National Domestic Abuse Helpline:** 0808 2000 247

- **Men's Advice Line:** 0808 801 0327
- **Galop (LGBT+):** 0800 999 5428
- **Beech House SARC:** 0330 223 0099
- **Childline:** 0800 1111

Kent Sexual Assault & Abuse Service (KSAAS)

Free, confidential, survivor-centred support across Kent.

You are not alone. Support is available.