

Domestic Violence Safety Plan & Crisis Guide

Author: Esi's Corner Survivor Sanctuary Resource | Category: Crisis Support & Safety Planning

Overview & Sanctuary Summary:

Immediate safety planning, emergency resources, hotlines, and empowerment steps for domestic abuse survivors.

You are not alone, this was never your fault, and you deserve a life free from terror, manipulation, and physical harm.

Immediate 24/7 National Crisis Hotlines:

- National Domestic Violence Hotline: 1-800-799-SAFE (7233) | Text 'START' to 88788 | www.thehotline.org
- Love is Respect (Teens & Young Adults): 1-866-331-9474 | Text 'LOVEIS' to 22522
- VictimConnect Resource Center: 1-855-4-VICTIM (855-484-2846) | victimconnect.org

Personal Safety Planning Steps:

- Safe Bag: Keep identification, birth certificates, keys, cash, and medication in a secure hidden location or with a trusted ally.
- Digital Privacy: Use private browsing, change passwords from an unmonitored device, and turn off location sharing.
- Code Word: Establish a code word with family or friends that signals you need police or shelter immediately without alerting the abuser.
- Sanctuary Affirmation: You survived yesterday, you have the right to survive today, and tomorrow belongs to your freedom.