



Metropolitan Police Department Domestic Violence Unit Safety Plan



Safety Plan for Your Emotional Health

- If I feel down and ready to return to my abuser, I can call _____
_____ for support. I can also attend workshops, support groups, and read books to gain support and strength.
- I can think positive thoughts about myself and be assertive with others about my needs.
- If I have to communicate with my abuser I can determine the safest ways to do so.