

If you are not in immediate danger and thinking of leaving your abusive partner it is time to plan ahead. If possible connect with a local domestic violence program like Mt. Graham Safe House.

Remember, you know your abuser best and you are the best judge of your own safety. Think carefully about your circumstances and do what is safest for you when it is the safest time to do it.

If you are in danger and need to leave immediately please do so and take only what you have time to grab.

#### Start Preparing Now

Leaving Safely

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# Packing Your Bags

**Mt. Graham Safe House**

1601 S 20th Ave

Safford, AZ 85546

928-348-9548

www.mtgrahamsh.org

Mt. Graham Safe House

Phone: 1-888-269-9104

\*It is best not to use a phone or phone card shared with an abuser they may be able to use them to find you

**Money**

Cash

Credit cards

ATM card

Checkbook

Jewelry or small items to sell

# Identification

Birth certificates

Social Security cards or numbers

Driver’s license

Photo identification or passports

Benefits cards

Immigration cards

**Keys**

House

Car

Post Office box

Safety deposit box

\*\*List adapted from Office on Women's Health in the Department of Health and Human Services

 If you are leaving an abusive situation, take your children and, if possible, your pets. Put together the items listed below. Hide them someplace where you can get them quickly, or leave them with a friend. If you are in immediate danger, though, leave without these items.

#### Safety Packing List

# Important Papers

Marriage certificate

Divorce papers

Custody orders

Order of protection

Medical cards

School records

Investment account numbers

House deed/lease

Car title/registration

Police reports

# Medications

One month supply for you and each child

Copy of any prescriptions

**Communication\***

Phone

Calling card

Address book

**Coping**

Pictures

Keepsakes

Small toys or books