

IMPORTANT NUMBERS

- WORTH 07834 968539
- POLICE 999 or 0845 60 70 999
- 24 hr national helpline 0808 2000 247
- Safe Person
- Housing.....
- Children school.....
- Solicitor.....

DURING A CRISIS

- PHONE THE POLICE – 999 or
- phone 'safe' person from mobile
- When you want the police to be called say agreed code word
- Move to a room with an exit.
- Move towards the front door rather than back so you can run for help
- Avoid rooms that are potentially dangerous (e.g. the kitchen where there are knives)
- Carry charged mobile phone with you at all times
- Alert children to potential attack with code word; their prompt run to safety and phone police.

BEFORE A CRISIS

- Identify "safe person" you will phone during a crisis
- Agree on 'code word' as sign to phone police
- Keep mobile phone fully charged and 'topped up' at all times
- Identify where you will make an emergency call if mobile snatched?
- Identify and practice escape routes from your home
- Keep car filled up with petrol
- Keep spare car and home keys by escape route/ spare keys by escape route
- **Organise an escape bag.**
Include; Passport, Birth certificate, Benefits book, Driving license, NI number.
Also pack;
Change of clothes, Snacks, Spare money, List of important numbers.
Include items you know you can't live without; Children's favourite toy, Photos, Keepsakes.
- Keep escape bag by escape route or with safe person
- Rehearse escape route with children and teach them how to phone police
- Tell children where to run to for safety during an attack.
- Identify where and when you are most vulnerable to an attack and take action to increase your safety