



---

---

# SAFETY PLAN CHECKLIST

---



Develop a *Safety Plan* that works best for you and your situation. This plan should involve steps to take while at home, work, traveling, and so on. Knowing the location of and/or having the following items handy will help you in any situation. It is best to keep all important information in an electronic version that can be accessed from a secured device in case of an emergency. Remember, **Life** is the most important thing so make a *safety plan* and discuss it with your loved ones and a trusted friend. Being prepared can help set your mind at ease and can save lives.

---

- Important Phone Numbers & Emergency Contacts! These numbers should be easily accessible in your phone and keep a list with your ID in your wallet or equivalent in the event your phone becomes unusable.
- Cash / Credit Cards / Checkbook / Banking Information.  
Keep cash handy in the event your credit cards or banking account becomes unusable.
- Prescriptions/Medications
- Medical Information / Health Insurance Cards
- Social Security Cards, Birth Certificates
- Keys (house, vehicle, home safe/security box, bank safety deposit box, etc.)
- Change of clothes, personal hygiene products, and other essential items.
- Important Paper/ Electronic Documents = Safe Location + Easily Accessible  
\*Medical Information \*Home/Auto Insurance Policies \*Car Registration  
\*Banking Information \*Rental Lease \*House Deeds \*Court/Legal Documents \*etc.\*
- Entrust a family member, friend, neighbor, or someone else whom you can rely on to help you in a time of need.
- Familiarize yourself with safe locations at home, work, friends/family homes, and while traveling to these locations or other common areas.
- Do Not Hesitate to Call **911**. Help is Available 24/7.

**Safety is the Most Important Thing!**