

# Crisis Planning

Admitting to yourself and others that you are experiencing domestic abuse may seem very difficult, but it is an important step towards getting protection for yourself and your children.

It is not your fault. You are not alone. You have the right to live free from fear.

Keeping a diary of events and incidents is helpful to both the police and you, a record of events can help if any action is taken against the offender. Try to record an incident as soon as possible and include as much information as possible.

Sometimes victims of domestic abuse have to leave home in a hurry, to escape from the abuse. It can help if you have already made some plans.

Making a crisis plan is a way of feeling more in control, more positive and confident. This is a suggested plan of action which you can add to or change to suit you:

- Find somewhere you can quickly and easily use a phone (neighbour/ relative/friend).

- Make, and always carry with you, a list of numbers for an emergency. Include friends, relatives and local police (even well known numbers can be forgotten in a panic).
- Try and save some money for bus, train, taxi fares.
- Have an extra set of keys for your house, flat, car.
- Keep the keys, money and a set of clothes for you and the children packed ready in a bag that you can quickly get and take. For safety it may be more appropriate to have this at a friend's house to save keeping it in your premises.
- Explain to your children (if they are old enough to understand) that you might have to leave in a hurry. Explain that you will take them with you or arrange for them to join you as soon as possible.

If you have more time to plan leaving, do as much as possible of the following:

- Leave when the abuser is not around.

- Take all the children with you.
- Take your legal and financial papers, marriage and birth certificates, court orders, national health cards, passports, driving licence, child benefit books, address book, bank books, cheque books, credit cards and so on.
- Take any of your personal possessions which have sentimental value – photographs or jewellery etc.
- Take favourite toys for the children.
- Take clothing for at least seven days.
- Take any medicine you or your children might need.
- If you have any pets and are worried they may not be looked after if left behind, try to arrange for someone to care for them. Pets can sometimes be forgotten in an emergency. An animal charity might be able to help.

If you do leave and realise that you have forgotten something, you can always liaise with the police domestic abuse units with a view to having the protection of a police escort so that you can return home to collect it.

**Remember do not put yourself in any danger.**

### How the Police can help

If you or someone you know is the victim of Domestic Abuse the Police will deal promptly and positively with any domestic incident that they are called to attend.

Police have Domestic Abuse Units and Domestic Abuse Officers and other members of staff who can give advice.

Children can be victims too – the Police have Children Protection Units and are there to protect the welfare of children who are victims of emotional, physical or sexual abuse.

Where it is necessary and appropriate the person responsible for the abuse will be arrested.

Police will try to take action that will protect you from further abuse from marking your address with information in case of calls, to installing police linked alarms.

Police work closely with other local agencies such as victim support, housing and many others in order to get the support you need.

### **What to do if you need help**

In an emergency always dial 999

Non emergency:

Telephone: 0300 333 4444

The Domestic Violence Liaison  
Officer, Essex Police DAHCU  
01702 423151

If you would like this information in large print, Braille or another language please contact 01702 546366 Ext 3517



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Domestic Abuse Reduction Officer,  
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