

What to take when you leave

IDENTIFICATION

- ✓ Drivers' license
- ✓ Birth Certificates for you and your children
- ✓ Social security card(s)
- ✓ Passport(s)
- ✓ Self-sufficiency/Disability identification

LEGAL PAPERS

- ✓ Protection or Restraining Order
- ✓ Lease, rental agreement or house deed
- ✓ Car registration
- ✓ Health and life insurance cards
- ✓ Divorce papers
- ✓ Custody papers
- ✓ Work permits/Green Card
- ✓ VISA

OTHER

- ✓ House and car keys
- ✓ Bank and credit card statements
- ✓ Medical records for you and your children
- ✓ Medications
- ✓ Valuables, photos, etc.
- ✓ Address book
- ✓ Safety cell phone
- ✓ Clothes, toiletries and other necessities.



Keep any evidence of physical abuse, such as pictures of injuries. If possible, keep a journal of all violence incidents, noting dates, events and threats made and make sure to keep your journal in a safe place.



It would help to know where you can go to get help from someone outside the situation, who will trust what is happening to you. If you are injured, go to a doctor or emergency room and report what happened to you. Ask that they document your visit.



Finally, plan with your children and identify a safe place for them, like a room with a lock or a friend's house where they can go for help. Reassure them that their job is to stay safe, not to protect you.



Because violence could escalate when you leave, call New Beginnings' 24-hour Helpline at **(206) 522-9472** to get support and help with planning for your safety.