

- \$50 or more in cash
  - A small bag with extra clothes
  - Bank account numbers
  - Checkbook
  - Your social security number
  - Partner's date of birth, workplace and telephone numbers
  - Insurance policies
  - Marriage license
  - Birth certificates for you and your child (children)
  - List of important phone numbers
  - Sentimental valuables and photos
  - Medication(s)
  - Extra keys for house and/or car
- If you are planning to leave, have the following items hidden in a place where your partner cannot find them:

#### SAFETY PLANNING

**ARE YOU AFRAID OF YOUR PARTNER?**

Does your partner:

- Keep track of your time/mileage
- Accuse you of being unfaithful
- Discourage relationships with family and friends
- Criticize or humiliate you
- Hit, slap or punch you or your children
- Force you to have sex against your will

If you answered "yes" to any of these questions or if you feel you are in danger, get help.

**VA Family Violence Hotline: 800-838-8238**

**IF IN IMMEDIATE DANGER, CALL 911**

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#### HOW YOU CAN HELP

- Ask the employee if he or she is okay.
- Refer them to the Employee Assistance Program or to local domestic violence resources.
- Let them know that any information that is discussed will be kept confidential.
- Listen without telling a victim what to do.
- Give them this card and the statewide hotline number — **1.800.838.8238** (v/tty).
- Tell them that no one deserves to be abused.
- Offer support and assistance.

*Ask. Refer. Support.*

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