Flagship

Safety Planning

Your safety - things to consider

Actions you can take now:

Your phone. Keep it on you, make sure it's charged and has credit. Switch off location services if you're worried about being tracked. If you've a spare phone, store it safely and make sure you've turned off emergency alerts.

Your details. Record any contact, incidents, abusive behaviour or concerns - be sure to save photos, texts, voicemails and screenshots. Consider changing all your passwords, especially for your online banking, emails, social media, mobile phone and any home security devices.

Your children. Consider making a safety plan with your children. Help children in your home understand how to get help in an emergency, when to call for help, and where they can go to stay safe.

Trusted people and professionals. Consider telling someone you trust about your situation, like an employer, neighbour or teacher. You could agree a code word or phrase with them so they know when you need help.

Your plans. Stay vigilant when leaving and coming back home, stick to well-lit areas and pathways where you can. Consider setting up a check-in system with a trusted person (family member, neighbour or friend) and have an emergency word if possible. Have an emergency bag ready with clothes, medications, ID and essential items - keep it in a safe place.

If you feel at risk at any point please call 999 immediately, and if you're unable to speak dial 999 and press 55 for a silent call.

Home safety and security. Additional security can be considered for your home, including extra locks or bolts, window restrictors, door chains, external letterboxes and CCTV. Keep doors and windows locked if possible. Move bins away from gates and fences where necessary and remove items from outside that could be thrown at windows.

What to do in an emergency



Call 999 if you feel at risk of harm. If you can't speak, dial 999 and then press 55 and the Police will come to your location.

Seek medical attention if you're injured.

Helpful organisations

There are organisations that offer confidential advice and practical help. Different services can provide different types of support. Some have phone lines, while others offer discreet apps, online services or websites that you can access privately, where it's safe to do so.

National Centre for Domestic Violence. 0800 970 2070 | ncdv.org.uk
They have an app and can help with a non-molestation order if you need one.

Hollie Guard. hollieguard.com
An app that allows you to tap or shake your phone to notify your chosen contacts in an emergency (you'll need to have location services on).

Mankind. 0808 800 1170 | mankind.org.uk
Supporting male victims of abuse.



Galop. 0800 999 5428 | help@galop.org.uk
LGBT+ focussed support.

Womens Aid. womensaid.org.uk
Find local support and connect with other survivors.

Refuge. 0800 2000 247 | online chat | BSL available

Speak to your DA Officer or head to our website for a longer list of resources.

If you need to flee

If the time comes when you need to leave the home, consider taking with you:

- a form of ID
- bank cards or statement
- proof of income or benefits
- some money
- primary and spare phone
- some clothes
- clothes and toys for any children
- any medication

Don't forget to contact your local authority as well.

Flagship

Our dedicated DA Officers can help you.



0808 168 4555
Our lines are open weekdays 8am to 6pm



hello@flagship-housing.co.uk



flagship-housing.co.uk
Livechat is available weekdays