



My Safety Plan

I have the right to be safe. Abuse is not my fault. I am not alone. There is help.



If I am in danger now I can call 911. I will call 911 if



If I need help, I can call

Name: _____ Number: _____

This person can _____

Name: _____ Number: _____

This person can _____

Name: _____ Number: _____

This person can _____

If I need to leave



These things help me get around (like a wheelchair, scooter, walker or cane) and communicate (like a tablet)



These things help keep me healthy (medications)



If I need to leave, I will go



These are the things that make me feel safe.

- 1.
- 2.
- 3.



These things help me calm down. If I feel stressed or overwhelmed I can do these things.

- 1.
- 2.
- 3.



I will keep this safety plan in a safe place. I will keep it



HELPFUL PHONE NUMBERS



If I am in danger right now, CALL 911

Who can I call?	When should I call?	Phone number



People in some jobs (like nurses, doctors, and therapists) might have to tell police or adult protective services if they think someone with an intellectual and/or developmental disability has been abused.

This project was supported by Grant No. 2013-FW-AX-K004 awarded by the Office on Violence Against Women, U.S. Department of Justice. The opinions, findings, conclusions, and recommendations expressed in this publication/program/exhibition are those of the author(s) and do not necessarily reflect the views of the Department of Justice, Office on Violence Against Women.

Attention Arc employees: Do not keep any written documentation of safety plans.