

I am a victim – but I want to leave

You've decided not to stay any longer and want to leave – what should you do? Well if you want to talk to someone then please call any of the helplines below:

- North Lincolnshire Domestic Abuse Support Line (not 24hr)
0300 33 00 717
- North Lincolnshire Women's Refuge - 01724 289299
- Housing Advice Team - 01724 747654
- Police Domestic Violence Unit – 0845 60 60 222
- Sanctuary Carr Gomm domestic violence support service - 01724 855921
- Victim Support - 01724 871324
- Samaritans - 01724 860000 - **24 hour help line**
- Childline - 0800 1111 - **24 hour help line**
- National Domestic Violence Helpline - 0808 2000247 - **24 hour help line**
- Rape Crisis - 01724 593953

They will be happy to give you advice and support.

Otherwise you need a plan ... below is a suggested action plan which you may find helpful.

Making a decision to leave a violent and abusive partner can be the beginning of a long process. Remember that you do not have to go through it alone. You can speak in confidence to a wide range of [agencies](#).

Action plan for preparing to leave

- Keep any useful telephone numbers with you or try to learn them
- Photocopy or know where important documents are - e.g. marriage and birth certificates, passports and financial papers
- Open a savings account in your own name to establish your independence. Make sure the bank has a safe address to contact you
- Try to get an extra set of keys cut for the house, car etc. Leave them together with an extra set of clothes for you and your children with a trusted neighbour, friend or keep it in a safe place
- Decide who you could stay with and, if the need arises, who would lend you some money
- Try to keep some spare change or a phone card with you at all times for emergencies. Keep spare change for taxis and bus fares if needed
- Arrange to leave when your partner is not around
- Keep all medicines for you and your children together in a box. In a crisis situation your safety is vital. If you are planning to leave, you may want to take the following:
 - Driver's licence
 - Passport
 - Car registration
 - Non-molestation papers
 - Child's birth certificate

- Money
- Your birth certificate
- Jewellery
- Rent book
- Toiletries
- Benefit books
- Clothes – for you and your children
- Mortgage papers
- Medication
- Personal/home insurance
- Photographs
- House keys.

Plan for keeping safe

- If still in the same house, change all the locks and install window locks
- Install security systems, including additional locks, burglar alarms etc
- Install smoke detectors and fire extinguishers for each floor of your house
- Install an outside lighting system that lights up when a person comes near the house
- Inform neighbours that your partner no longer lives with you and ask them to call the police if they hear a disturbance. You could also show a picture of your partner so they can inform you if they see him near your home and/or contact the police
- Ask for an unlisted number or dial 141 before dialling telephone numbers so that your number is unobtainable by that person
- Keep a list of emergency numbers by you at all times
- Use an answering machine to screen all calls.

Safety plan for protection away from home

- Inform your employer about your situation
- Plan safe routes home from work and vary them
- Use different modes of transport
- Think about what you would do if something happened while you were on your way home
- Do not go out alone
- Avoid usual routines e.g. shopping times and places
- Choose a different bank – cancel shared cards and accounts
- Keep any court orders with you
- Keep a mobile phone with you if possible
- Make sure that people and organisations do not pass on your name or address.

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