



Employee Assistance Program

SAFETY PLAN

If you are worried about your safety, remember the 3P's – **PHOTOCOPY, PACK, PICK**. This will help you to prepare ahead of time.

PHOTOCOPY

Birth certificates	Medicaid card	Bank account numbers
Important phone numbers	Driver's License	Immigration papers
Social Security card	Insurance papers	Immunization & health records
Marriage license/divorce papers		
Any court orders, including protection, visitation, custody or support		

PACK a bag with

Extra keys to house and car	Copies of court orders	Important phone numbers
Money	Copies of important papers	
Medications	Clothes for yourself and children	

Give the bag to a trusted friend or hide it in a safe place where you can get it later.

PICK

Pick a signal or code word to let family or friends know to call the police.
A safe place to go – a friend's house or emergency shelter.

INFORMATION PROVIDED BY VIBS



HOTLINE 631 360-3606

VICTIMS INFORMATION BUREAU OF SUFFOLK (VIBS)
www.vibs.org