

My Home Safety Plan

Use this plan to help you remember what to do if an emergency happens that makes you feel unsafe.

If an emergency is happening that makes you feel worried for your safety or others, you can call:



Police, Fire, Ambulance

____ - ____ - ____



If you need to call 9-1-1, remember these steps:

- Find a safe place to make the phone call, like in a closet or in a locked bathroom
- The operator will answer
- Tell them your name: _____
- Tell them your address or where you are: _____
- Say: "I need help. Someone is being hurt. Please come quickly!"

You can also call a hotline at Clackamas Women's Services: (503) 654-2288

or YouthLine: (877) 968 - 8491

If you don't feel OK calling 9-1-1, list some people who live nearby or who you can call for help:

Name	Contact information (phone, e-mail, online, in-person)

Safe places to go to inside my home are:

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Safe places to go to outside of my home are:

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Safe neighborhood spaces to go to are:

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Ways I can help myself calm down if this happens are:

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