Safety During a Dangerous Incident

- If an argument seems unavoidable, try to have it in a room or area that has access to an exit and not in the bathroom, kitchen or anywhere near weapons.
- Practice ways to get out of your home safely. Identify which doors or windows would be best.
- Have a packed bag ready and keep it in a secret but accessible place in order to leave quickly.
- Tell a trusted neighbor about the violence and ask them to call the police if they hear a disturbance coming from your home.
- Devise a code word to use with your children, family, friends, and neighbors when you need the police.
- Make a plan for where you will go if you leave home (even if you don't think you will need to).
- If the situation is very dangerous, use your instincts and judgements to keep yourself safe. Call the police as soon as it is safe to do so.
- Rehearse your safety plan with your children for when you are not with them.

Preparing to Leave

- Determine who would let you stay with them or lend you some money.
- Always try to take your children with you or make arrangements to leave them with someone safe.
- Leave money, an extra set of keys, copies of important documents and extra clothes with someone you trust.
- Keep shelter numbers close at hand and keep change or a calling card with you at all times.
- Review your safety plan with a domestic violence advocate in order to plan the safest way to leave your batterer.

Leaving your batterer can be the most dangerous time. Take steps and get support to make sure you will be safe.
What to take when you leave:

- identification (drivers license, student ID)
- car title and registration
- birth certificates (yours and your children’s)
- marriage certificate
- restraining order
- medical records and medications
- lease, deed, or rental agreement
- school records
- social security cards
- welfare identification
- divorce papers
- house and car keys
- money, checkbook, bank book and statements
- children’s small toys
- pictures and jewelry
- insurance papers
- address book
- small objects you can sell
- pets (if possible)

Dial 911 in an emergency

Helplines

Domestic & Sexual Violence Services of Carbon County
(collect calls accepted):
406-425-2222

YWCA Gateway
(collect calls accepted):
406-259-8100

National Domestic Violence:
1-800-799-SAFE (7233)

Carbon County

Sheriff: 406-446-1234
Attorney: 406-446-3455
Justice Court: 406-446-1440
City Court: 406-446-1606
Mental Health Center: 406-445-2500
Office of Public Assistance:
406-446-1302

Other Agencies

Tri-County Victim/Witness Advocate:
406-322-8561
Montana Legal Services
406-248-7113

A VIOLENT home is not a SAFE home

Develop a safety plan to keep you and your children SAFE

Helpline (406) 425-2222

P.O. Box 314
Red Lodge, MT 59068
Office (406) 425-0007
carbonviolenceprevention@yahoo.com

This brochure was funded by donations in memory of Dare Lamberton Dunlavy.