

Do you have a safety plan? We're here to help.

If you are in an abusive relationship, you need a plan to protect yourself.

- Know who you can call in a crisis.
- Avoid areas where the abuser can easily access weapons.
- Know the best escape routes and practice emergency exit plans.
- Have a safe area in your home where you can go to if you are feeling threatened and cannot leave.
- Create a code word or a signal with your children and neighbours to call the police if you need help.
- If possible, keep cash, spare home and car keys, and your important papers with you or in a safe place.

If you or someone you know may be a victim of family or intimate partner violence, call Peel Regional Police at 905-453-3311 or the Safe Centre of Peel at 905-450-4650.

If a violent incident is in progress and you are in immediate danger, call 911.



[PeelPolice.ca/FIPV](https://www.peelpolice.ca/FIPV)