Dear Survivor,

If you’re planning to leave a narcissist, there are a LOT of things to consider. I’ve compiled this list to help you get your head together and make sure you don’t forget anything important. Don’t forget to grab your free safety plan worksheet, too. BE SAFE, my friend – you can do this. Love, Angie
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How to Leave

- Fill out your safety plan.
- Prepare as much as possible using this document and the safety plan.
- Make sure you visit your doctor, dentist and other healthcare providers before you leave, if possible. This way, if you lose your health insurance, you’ll know what you’re dealing with.
- Get your stuff together and prepare to leave.
- Pick your day.
- GO! The sooner the better since staying only prolongs the anxiety and anticipation.

Before you leave, consider:

- Keep any evidence of abuse, including pictures of injuries, texts, emails, etc.
- Keep a journal of all violent incidences, noting dates, events and threats made, if possible. Consider putting it on your phone, if it’s private, using a system like Evernote or another free online app. This will help you keep track. You could also put it in Google calendar or a similar app. If you choose to handwrite it because your narcissist is in your phone, just keep it in a safe place.
- Know where you can go to get help. Tell someone what is happening to you.
- If you are injured, go to a doctor or an emergency room and report what happened to you. Ask that they document your visit – this may help when you go to get a restraining order or order of protection.
- If you have children, identify a safe place for them, like a room with a lock or a friend’s house where they can go for help. Reassure them that their job is to stay safe, not to protect you.
• If you need a safe place to stay, contact your local shelter and find out about laws and other resources available to you before you must use them during a crisis.
• Acquire job skills or take courses at a community college if you need to – you may be able to get financial help with this. Ask at the financial aid office at the school.
• Try to set money aside or ask friends or family members to hold money for you.

• How and when can you most safely leave? Where will you go?
• Are you prepared to contact the police if you need them?
• Who can you trust to tell that you are leaving?
• How will you travel safely to and from work or school or to pick up children?
• What community and legal resources will help you feel safer? Write down their addresses and phone numbers, and keep them handy (use your Safety Planner).
• Do you know the number of the local shelter?
• What custody and visitation provisions will keep you and your children safe?
• Is a restraining order a viable option?
• Open a savings account in your own name. Give the bank a safe address, like a post office box or your work address.
• Leave money, an extra set of keys, and copies of your important papers with someone you trust. You may need to leave home fast, and you’ll need these things later.
If the narcissist has moved out, or you're otherwise living alone, consider:

- Changing the locks on your doors and windows.
- Installing a security system.
- Installing other forms of extra security for your home, such as window bars, locks, better lighting, smoke detectors and fire extinguishers.
- Get your kids an inexpensive phone and teach them how to call the police or family and friends in case they're taken by the narcissist when they're not supposed to be.
- Let your kids' schools and/or daycares know who can pick them up and who cannot. Inform them to call the police if there is a restraining order in place.
- Find a lawyer who understands the pervasiveness of emotional abuse to protect you in court, if needed.
- Get a restraining order.

If you are staying with the narcissist, think about:

- What works best to keep you safe in an emergency.
- Who you can call in a crisis.
- If you would call the police if the violence starts again. Can you work out a signal with the children or the neighbors to call the police when you need help?
- If you need to flee temporarily, where would you go? Think though several places where you can go in a crisis. Write down the addresses and phone numbers, and keep them with you.
• If you need to flee your home, know the escape routes in advance.

Have the following available in case you have to flee:

• Important papers such as birth certificates, social security cards, marriage and driver’s licenses, car title, lease or mortgage papers, passports, insurance information, school and health records, welfare and immigration documents, and divorce or other court documents
• Credit cards, bank account number, and ATM cards
• Some money
• An extra set of keys
• Medications and prescriptions
• Phone numbers and addresses for family, friends, doctors, lawyers, and community agencies
• Clothing and comfort items for you and the children
• Consider keeping extras at a friend’s home or another safe location, just in case.

Before and during a physical or extremely brutal verbal attack do the following:

• Stay close to a door or window so you can get out if you need to.
• Stay away from the bathroom, the kitchen and anything that can be used as weapons.
• Practice your escape. Know which doors, windows, elevator, or stairs would be best.
• Have a packed bag ready. Hide it in a place that you can get to quickly.
• Identify neighbors you can tell about the violence. Ask them to call the police if they hear signs of domestic violence coming from your home.
• Have a “code word” to use with your children, family, friends, and neighbors. Ask them to call the police when you say that word.
• Know where to go if you have to leave home, even if you don’t think you’ll have to.
• Trust your instincts. Do whatever you have to do to survive.

At work, you may want to:

• Save any threatening emails or voicemail messages. You can use these to take legal action in the future, if you choose to. If you already have a restraining order, the messages can serve as evidence in court that the order was violated.
• Park close to the entrance of your building, and talk with security, the police, or a manager if you fear an assault at work.
• Have your calls screened, transfer harassing calls to security, or remove your name and number from automated phone directories.
• Relocate your workspace to a more secure area.
• Obtain a restraining order and make sure that it is current and on hand at all times. Include the workplace on the order. A copy should be provided to the police, the employee’s
supervisor, Human Resources, the reception area, the Legal department, and Security.

• Provide a picture of the perpetrator to reception areas and/or Security.
• Identify an emergency contact person should the employer be unable to contact you.
• Ask Security to escort you to and from your car or public transportation.
• Look into alternate hours or work locations.
• Review the safety of your childcare arrangements, whether it is on-site childcare at the company or off-site elsewhere. If you have a restraining order, it can usually be extended to the childcare center.

Remember, you cannot stop your partner’s abuse; but you can find help and support for yourself. No one deserves to be abused.

What to Take When You Leave

Legal Papers

• Restraining order/stalking order
• Lease, rental agreement, house deed
• Car registration
• Health and life insurance cards
• Divorce papers
• Custody papers

Other

• Address book
• Clothes, blankets, small toys for children
• Clothes, hygiene necessities, etc. for yourself
• Extra set of house and car keys
• House and car keys
• Medications
• Medications
• Pay-as-you-go cell phone
• Phone card/safety cell phone
• Pictures and sentimental items
• Valuable jewelry
• Valuables, photos, etc.

Identification
• Driver’s license
• Children’s birth certificates
• Social security card
• Self-sufficiency/disability identification

Financial
• Bankbooks
• Checkbooks and/or ATM cards
• Money and/or credit cards

Papers
• Medical records for you and your children
• Work permits/green card
• VISA

Computer and Phone Safety Tips
• Remember that all computer and online activity may be monitored.
• The narcissist is likely to try and monitor your emails and internet activity.
• This may include more than just websites – so consider using someone else’s computer if you’re looking for a place to live, plane/bus tickets, etc.
• Try a computer in a public library, at a trusted friend’s house, at an internet cafe, or any other public terminals.
• The narcissist may also track your activity and whereabouts through your cell phone; if you think there a chance this may be happening, take your phone into your provider and have it thoroughly checked – or just get rid of it and get a new one.

Planning for Safe Custody Exchanges

• Have a TPL (Third Party Location) for drop-offs. This can often be agreed upon in a mediation or in court if the narcissist won’t agree to it. Avoid exchanging custody at your home or your narcissist’s home for your own safety.
• Make the TPL somewhere safe - a public place such as a restaurant, a bank/other area with lots of cameras, or even near a police station
• You might also consider bringing some backup – a trusted friend or relative with you to the exchanges, or have them make the exchange for you.
• One easy option might be to have the narcissist pick the children up from school at the end of the day after you drop them off in the morning (or vice versa) – this eliminates the chances of seeing each other and minimizes trauma for the kids.
• Don’t forget to emotional safety plan as well – figure out something to do before the exchange to calm any nerves you’re feelings, and something after to focus on yourself or the kids, such as
going to a park or doing a fun activity. Make it a low-stress, fun routine.

Planning for Kids/Custody After You Leave

- Alert anyone you can about the situation: school authorities like the counselor, receptionist, teachers and principal, sports instructors, and other caretakers
- Talk to them people about what’s going on as much as they need to know to protect your child. For example, if you have a protective order or restraining order, who is allowed to pick them up and who isn’t, etc.

What to Say to the Kids

- Let your child know that what’s happening is not their fault and that they didn’t cause it.
- Tell and show them how much you love them and that you support them no matter what.
- Tell them that you want to protect them and that you want everyone to be safe, so you have come up with a plan to use in case of emergencies. **NOTE: It’s important to remember that when you’re safety planning with a child, they might tell this information to the abusive partner, which could make the situation more dangerous (ex. “Mom said to do this if you get angry.”)**
- When talking about these plans with your child, use phrases such as “We’re practicing what to do in an emergency,” instead of “We’re planning what you can do when dad/mom becomes violent”

If you have any questions about safety planning or want an advocate’s help in developing a personalized safety plan for your child, call Hotline.org at 1-800-799-SAFE (7233).
Emergency Resource Phone Numbers

**Find advice and support**

- **In the US**: call the National Domestic Violence Hotline at 1-800-799-7233 (SAFE).
- **UK**: call Women’s Aid at 0808 2000 247.
- **Australia**: call 1800RESPECT at 1800 737 732.
- **Worldwide**: visit International Directory of Domestic Violence Agencies for a global list of helplines, shelters, and crisis centers.

**Find a safe place to stay**

- **In the US**: visit Womenslaw.org for a state-by-state directory of domestic violence shelters in the U.S.

**Male victims of abuse can call:**

- **U.S. and Canada**: The Domestic Abuse Helpline for Men & Women
- **UK**: ManKind Initiative
- **Australia**: One in Three Campaign

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State by State Resources

**Alabama Coalition Against Domestic Violence**
P. O. Box 4762
Montgomery, AL 36101
Hotline: 1 (800) 650-6522
Office: (334) 832-4842 Fax: (334) 832-4803
Website: [www.acadv.org](http://www.acadv.org)
Email: [info@acadv.org](mailto:info@acadv.org)

**Alaska Network on Domestic Violence & Sexual Assault**
130 Seward Street, Suite 214
Juneau, AK 99801
Office: (907) 586-3650
Website: www.andvsa.org
Email: andvsa@andvsa.org

Arizona Coalition Against Domestic Violence
2800 N. Central Ave., Suite 1570
Phoenix, AZ 85004
Hotline: 1 (800) 782-6400
Office: (602) 279-2900 Fax: (602) 279-2980
Website: www.azcadv.org
Email: info@azcadv.org

Arkansas Coalition Against Domestic Violence
1401 W. Capitol Avenue, Suite 170
Little Rock, AR 72201
Hotline: 1 (800) 269-4668
Office: (501) 907-5612 Fax: (501) 907-5618
Website: www.domesticpeace.com

California Partnership to End Domestic Violence
P. O. Box 1798
Sacramento, CA 95812
Hotline: 1 (800) 524-4765
Office: (916) 444-7163 Fax: (916) 444-7165
Website: www.cpedv.org
Email: info@cpedv.org

Colorado Coalition Against Domestic Violence
1120 Lincoln St, #900
Denver, CO 80203
Office: (303) 831-9632
Website: www.ccadv.org

Connecticut Coalition Against Domestic Violence
912 Silas Deane Highway, Lower Level
Wethersfield, CT 06109
Hotline: (888) 774-2900
Office: (860) 282-7899 Fax: (860) 282-7892
Website: www.ctcadv.org
Delaware Coalition Against Domestic Violence
100 W. 10th Street, Suite 903
Wilmington, DE 19801
Northern Delaware: (302) 762-6110
Southern Delaware: (302) 422-8058 Bilingual: (302) 745-9874
Office: (302) 658-2958
Website: www.dcadv.org

DC Coalition Against Domestic Violence
5 Thomas Circle, NW
Washington, DC 20005
Office: (202) 299-1181 Fax: (202) 299-1193
Website: www.dccadv.org
Email: info@dccadv.org

Florida Coalition Against Domestic Violence
425 Office Plaza
Tallahassee, FL 32301
Hotline: (800) 500-1119
TDD: (850) 621-4202
Office: (850) 425-2749 Fax: (850) 425-3091
Website: www.fcadv.org

Georgia Coalition Against Domestic Violence
114 New Street, Suite B
Decatur, GA 30030
Hotline: 1 (800) 334-2836
Office: (404) 209-0280 Fax: (404) 766-3800
Website: www.gcadv.org

Guam Coalition Against Sexual Assault & Family Violence
P.O. Box 1093
Hagatna, GU 96932
Office: (671) 479-2277 Fax: (671) 479-7233
Website: www.guamcoalition.org
Email: info@guamcoalition.org
Hawaii State Coalition Against Domestic Violence
810 Richards Street, Suite 960
Honolulu, HI 96813
Office: (808) 832-9316 Fax: (808) 841-6028
Website: [www.hscadv.org](http://www.hscadv.org)

Idaho Coalition Against Sexual & Domestic Violence
300 E. Mallard Drive, Suite 130
Boise, ID 83706
Office: (208) 384-0419
Website: [www.idvsa.org](http://www.idvsa.org)
Email: info@engagingvoices.org

Illinois Coalition Against Domestic Violence
Hotline: (877) 863-6338
Office: (217) 789-2830
Website: [www.ilcadv.org](http://www.ilcadv.org)

Indiana Coalition Against Domestic Violence
1915 W. 18th Street, Suite B
Indianapolis, IN 46202
Hotline: 1 (800) 332-7385
Office: (317) 917-3685 Fax: (317) 917-3695
Website: [www.icadvinc.org](http://www.icadvinc.org)

Iowa Coalition against Domestic Violence
3030 Merle Hay Road
Des Moines, IA 50310
Hotline: 1 (800) 942-0333
Office: (515) 244-8028 Fax: (515) 244-7417
Website: [www.icadv.org](http://www.icadv.org)
Email: icadv@icadv.org

Kansas Coalition against Sexual & Domestic Violence
634 SW Harrison Street
Topeka, KS 66603
Hotline: 1 (888) 363-2287
Kentucky Domestic Violence Association
111 Darby Shire Circle
Frankfort, KY 40601
Office: (502) 209-5382 Fax: (502) 226-5382
Website: www.kdva.org
Email: info@kdva.org

Louisiana Coalition Against Domestic Violence
P.O. Box 77308
Baton Rouge, LA 70879
Hotline: 1 (888) 411-1333
Office: (225) 752-1296
Website: www.lcadv.org

Maine Coalition to End Domestic Violence
One Weston Court, Box#2
Augusta, ME 04330
Hotline: 1 (866) 834-4357
Office: (207) 430-8334 Fax: (207) 430-8348
Website: www.mcedv.org
Email: info@mcedv.org

Maryland Network Against Domestic Violence
4601 Presidents Dr., Ste. 370
Lanham, MD 20706
Hotline: 1 (800) 634-3577
Office: (301) 429-3601 Fax: (301) 429-3605
Website: www.mnadv.org
Email: info@mnadv.org

Massachusetts Coalition Against Sexual Assault & Domestic Violence/Jane Doe, Inc.
14 Beacon Street, Suite 507
Boston, MA 02108
Hotline: 1 (877) 785-2020
TTY/TTD: 1 (877) 521-2601
Office: (617) 248-0922 Fax: (617) 248-0902
Website: www.janedoe.org
Email: info@janedoe.org

**Michigan Coalition To End Domestic & Sexual Violence**
3893 Okemos Road, Suite B2
Okemos, MI 48864
Office: (517) 347-7000 Fax: (517) 347-1377
TTY: (517) 381-8470
Website: www.mcedsv.org

**Minnesota Coalition for Battered Women**
60 Plato Blvd. E, Suite 130
Saint Paul, MN 55107
Hotline: 1 (866) 223-1111
Office: (651) 646-6177 Fax: (651) 646-1527
Website: www.mcbw.org

**Mississippi Coalition Against Domestic Violence**
P.O. Box 4703
Jackson, MS 39296
Hotline: 1 (800) 898-3234
Office: (601) 981-9196 Fax: (601) 981-2501
Website: www.mcadv.org
Email: support@mcadv.org

**Missouri Coalition Against Domestic & Sexual Violence**
217 Oscar Dr., Suite A
Jefferson City, MO 65101
Office: (573) 634-4161
Website: www.mocadsv.org

**Montana Coalition Against Domestic & Sexual Violence**
32 S Ewing St
Helena, MT 59601
Office: (406) 443-7794
Nebraska Domestic Violence Sexual Assault Coalition
245 South 84th St, Suite 200
Lincoln, NE 68510
Office: (402) 476-6256 Fax: (402) 476-6806
Spanish Hotline: (877) 215-0167
Website: [www.ndvsac.org](http://www.ndvsac.org)

Nevada Network Against Domestic Violence
250 South Rock Bldvd., Suite 116
Reno, NV 89502
(775) 828-1115 Fax: (775) 828-9911
Website: [www.nnadv.org](http://www.nnadv.org)

New Hampshire Coalition Against Domestic & Sexual Violence
P.O. Box 353
Concord, NH 03302
Hotline: 1 (866) 644-3574
Office: (603) 224-8893 Fax: (603) 228-6096
Website: [www.nhcadsv.org](http://www.nhcadsv.org)

New Jersey Coalition for Battered Women
1670 Whitehorse Hamilton Square
Trenton, NJ 08690
Hotline: 1 (800) 572-7233 TTY: (800) 787-3224
Office: (609) 584-8107 Fax: (609) 584-9750
Website: [www.njcbw.org](http://www.njcbw.org)

New Mexico Coalition Against Domestic Violence
1210 Luisa Street, Suite 7
Santa Fe, NM 87505
Office: (505) 246-9240 Fax: (505) 246-9240
Website: [www.nmcadv.org](http://www.nmcadv.org)
Email: info@nmcadv.org

New York State Coalition Against Domestic Violence
119 Washington Avenue, 3rd Floor
Albany, NY 12210
Hotline NYS: 1 (800) 942-6906
Hotline NYC: 1 (800) 621-4673
Office: (518) 482-5465 Fax: (518) 482-3807
Website: [www.nyscadv.org](http://www.nyscadv.org)

North Carolina Coalition Against Domestic Violence
3710 University Drive, Suite 140
Durham, NC 27707
Office: (919) 956-9124 Fax: (919) 682-1449
Website: [www.nccadv.org](http://www.nccadv.org)

North Dakota Council on Abused Women’s Services
525 N. 4th St.
Bismark, ND 58501
Office: (701) 255-6240 Fax: (701) 255-1904
Website: [www.ndcaws.org](http://www.ndcaws.org)

Ohio Domestic Violence Network
Hotline: (800) 934-9840
Website: [www.odvn.org](http://www.odvn.org)

Oklahoma Coalition Against Domestic Violence & Sexual Assault
3815 N. Santa Fe Ave., Suite 124
Oklahoma City, OK 73118
Hotline: 1 (800) 522-7233
Office: (405) 524-0700 TTY: (405) 512-5577
Website: [www.ocadvs.org](http://www.ocadvs.org)
Email: info@ocadvs.org

Oregon Coalition Against Domestic & Sexual Violence
9570 SW Barbur Blvd., Suite 214
Portland, OR 97219
Hotline: 1 (888) 235-5333
Office: (503) 230-1951 Fax: (503) 230-1973
Website: [www.ocadsv.org](http://www.ocadsv.org)

Pennsylvania Coalition Against Domestic Violence
3605 Vartan Way, Suite 101
Harrisburg PA 17110
Office (717) 545-6400 TTY (800) 553-2508
Website: www.pcadv.org

Coordinadora Paz para la Mujer
Apartado 193008
San Juan, Puerto Rico 00919-3008
Office: (787) 281-7579
Website: www.pazparalamujer.org
Email: pplmsmtp@ayustar.net

Rhode Island Coalition Against Domestic Violence
422 Post Road, Suite 201
Warwick, RI 02888
Hotline: 1 (800) 494-8100
Office: (401) 467-9940 Fax: (401) 467-9943
Website: www.ricadv.org
Email: ricadv@ricadv.org

South Carolina Coalition Against Domestic Violence & Sexual Assault
P.O. Box 7776
Columbia, SC 29202
Office: (803) 256-2900
Website: www.sccadvasa.org

South Dakota Coalition Ending Domestic Violence & Sexual Assault
P.O. Box 141
Pierre, SD 57501
Office: (605) 945-0869
Website: www.sdcedsv.org

Tennessee Coalition To End Domestic & Sexual Violence
2 International Plaza Dr. Suite 425
Nashville, TN 37217
Hotline: 1 (800) 356-6767
Office: (615) 386-9406
Website: tncoalition.org
Texas Council on Family Violence
P.O. Box 163865
Austin, TX 78716
Office: (512) 794-1133 Fax: (512) 685.6397
Website: www.tcfv.org

Women’s Coalition of St. Croix
P.O. Box 222734
Christiansted, VI 00822-2734
Hotline: (340) 773-9272
Fax: (340) 773-9062
Website: www.wcstx.com
Email: info@wcstx.org

Utah Domestic Violence Coalition
205 North 400 West,
Salt Lake City, UT 84103
Hotline: 1 (800) 897-5465
Office: (801) 521-5544
Website: www.udvc.org

Vermont Network Against Domestic & Sexual Violence
P.O. Box 405
Montpelier, VT 05601
Hotline: 1 (800) 228-7395
Office: (802) 223-1302 Fax: (802) 223-6943
Website: www.vtnetwork.org
Email: vtnetwork@vtnetwork.org

Virginia Sexual & Domestic Violence Action Alliance
5008 Monument Avenue, Suite A
Richmond, VA 23230
Office: (804) 377-0335
Website: www.vsdvalliance.org
Email: info@vsdvalliance.org

Washington State Coalition Against Domestic Violence
711 Capitol Way, Suite 702
Olympia, WA 98501
Hotline: 1 (800) 562-6025
Office: (360) 586-1022 Fax: (360) 586-1024
Website: www.wscadv2.org
Email: wscadv@wscadv.org

West Virginia Coalition Against Domestic Violence
5004 Elk River Road, South
Elkview, WV 25071
Office: (304) 965-3552 Fax: (304) 965-3572
Website: www.wvcadv.org

Wisconsin Coalition Against Domestic Violence
1245 E. Washington Ave, Suite 150
Madison, WI 53703
Office: (608) 255-0539 Fax: (608) 255-3560
Website: endabusewi.org
Email: wcadv@wcadv.org

Wyoming Coalition Against Domestic Violence & Sexual Assault
P.O. Box 236
710 Garfield Street, Suite 218
Laramie, WY 82073
Office: (307) 755-5481 Fax: (307) 755-5482
Website: www.wyomingdvsa.org