



Your PLAN

Things to Consider

COMPILED FOR YOU BY
QueenBeeing.com

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

Contents

- How to Leave 3
 - Before you leave, consider: 3
- If the narcissist has moved out, or you're otherwise living alone, consider: 5
- If you are staying with the narcissist, think about:..... 5
- Have the following available in case you have to flee:..... 6
- Before and during a physical or extremely brutal verbal attack do the following: 6
- At work, you may want to: 7
- What to Take When You Leave..... 8
- Computer and Phone Safety Tips 9
- Planning for Safe Custody Exchanges 10
 - What to Say to the Kids 11
- Emergency Resource Phone Numbers..... 12
 - Find advice and support 12
 - Find a safe place to stay 12
 - Male victims of abuse can call:..... 12
- State by State Resources 12

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](#)

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

Email: 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

Idaho Coalition Against Sexual & Domestic Violence

300 E. Mallard Drive, Suite 130

Boise, ID 83706

Office: (208) 384-0419

Website: www.idvsa.org

Email: info@engagingvoices.org

Illinois Coalition Against Domestic Violence

Hotline: (877) 863-6338

Office: (217) 789-2830

Website: 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

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

Email: icadv@icadv.org

Kansas Coalition against Sexual & Domestic Violence

634 SW Harrison Street

Topeka, KS 66603

Hotline: 1 (888) 363-2287

Office: (785) 232-9784 Fax: (785) 266-1874

Website: www.kcsdv.org

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

Website: www.mcadsv.com

Email: mtcoalition@mcadsv.com

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

Nevada Network Against Domestic Violence

250 South Rock Blvd., Suite 116

Reno, NV 89502

(775) 828-1115 Fax: (775) 828-9911

Website: 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

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

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

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

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

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

Ohio Domestic Violence Network

Hotline: (800) 934-9840

Website: 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.ocadvsa.org

Email: info@ocadvsa.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

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: ww.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