



COPE Galway

Let's help together

COPE Galway Domestic Abuse Service

• Be Safe • Be Believed • Be Supported

STAYING SAFE, GETTING OUT

If you've been living with an abusive partner, you may have thought about leaving and decided that for all kinds of reasons, you can't do it just yet.

HOWEVER, STAYING PUT MEANS YOU MUST STAY SAFE - YOU ARE THE EXPERT IN YOUR SAFETY - THINK ABOUT:

- You know best where the risks with your partner lie and are best-placed to judge how he might act or react - be alert to all possibilities
- Save the number of the local police station under another name in your phone: or dial 999 or 112 (even without credit)
- Save COPE Galway Domestic Abuse Service number in your phone (under a friend's name) - 091 56 59 85 - (24 h service). We will help you find refuge accommodation if needed
- Save the number of a reliable taxi firm in your phone
- Try to put some money by, even small amounts, anything which can help you when you need it.
- Try to keep a second set of keys to your home
- Get all your important papers together if you can - passports, birth & marriage certs, immigration papers etc
- Keep any regular medication for you/your children close to hand
- Agree a code word or phrase with your friend that she will understand and know what to do to help you if you are in trouble

**IF YOU FEEL IN IMMINENT DANGER, TRY TO GET AWAY.
IF YOU CAN'T GO, THEN TRY TO PROTECT YOURSELF:**

- Avoid confrontation
- If an argument breaks out try to move towards your nearest exit
- Avoid locking yourself into a bathroom - window may be too small for escape
- Avoid any rooms with potential weapons i.e. kitchen or garage
- Call emergency services - dial 999 from a landline or 112 from a mobile
- If you are assaulted, curl yourself into a ball and cover your head and face with your arms and hands to protect your organs and head

When the day arrives that you feel you need to flee, do so with care. Leaving is the most dangerous time - prepare as much as you can, call Gardaí for support. Remember:

- Try not to make threats about leaving - this will put your partner on alert
- If you can, plan your departure - take your documents, medication, phone, charger and money. But these can be replaced if you can't plan
- Always back your car into the driveway so that you can drive straight out in a hurry
- If you need to leave, get out. If there is no opportunity to plan and you have an opportunity to leave, just go

If you would like to talk to us about your safety planning or about possibly leaving an abusive relationship, then please call us on 091 56 59 85 (24h)

www.copegalway.ie



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 **091 565985 - 24h service**