

## Check list for your safety

### Emergency plan:

- How can you leave the apartment as quickly as possible?
- Is there a safe place within the apartment?
- Can you call the police, does your mobile phone work?

### Help by telephone:

- Can you call any time?
- Have you written down emergency numbers or saved them in your mobile phone?
- Where is the next phone box, are there other places from where you can call?

### Support:

- Who could offer help in your immediate vicinity?
- Ask neighbours to call the police when they hear screams or something similar. You can also agree upon a signal which indicates that you need help.

### Children:

- Talk about the situation with your children using words that match their age.
- Teach them how they can call the police or inform other adults.
- Prepare your children for the situation that they might leave the apartment.

### Keys:

- Make a duplicate of all important keys and keep them in a safe place.

### Documents and valuables:

- Make a copy of all your important documents and keep them in a safe place.
- If possible, get all valuables and documents little by little to a safe place.

### Emergency bag:

- Prepare a bag with the most important things for you and your children.

### This bag should contain:

important documents, money, keys, medicines, toiletries, clothes, things for school and toys for the children (see also *list of preparations*).

### Evidence:

- Try to make notes of all abusive incidents.
- Write everything down, e.g. in a diary, take photos of your injuries or have them recorded by a doctor.

These notes are of great help for possible legal proceedings later on.

### Accommodation:

- Ask your relatives or friends whether you can stay with them in an emergency, even if it is e.g. in the middle of the night. It is advisable that your husband/partner does not know the place.

**You can also call our women's refuge 24 hours a day and stay there.**

#### Postal address:

Verein  
Hilfe für Frauen in Not e.V.  
PO Box 91 02 08  
90260 Nürnberg

#### Contact :

Phone.: (0911) 33 39 15  
Fax: (0911) 39 04 19  
E-Mail: [info@frauenhaus-nbg.de](mailto:info@frauenhaus-nbg.de)

#### Opening Hours:

You can call our  
women's refuge  
24 hours a day!

#### Other sources of help:

Women's Refuge Fürth Tel: (0911) 72 90 08  
Women's Refuge Schwabach Tel: (09122) 8 19 19  
Women's Refuge Erlangen Tel: (09131) 258 72  
Women's Refuge Hagar Tel: (0911)95 94 392