My Safety Plan

This is my plan for the rest of the day (ex. Call a friend or family member, call my therapist, go to the gym, go to the health center, take a walk, etc.):

______________________________________________________________________
______________________________________________________________________
______________________________________________________________________
______________________________________________________________________

These are places on campus where I might run into the person who harmed me:

______________________________________________________________________
______________________________________________________________________
______________________________________________________________________
______________________________________________________________________

If/when I run into, or hear from, the person who harmed me on campus, here are names of family or friends I could call to accompany or support me:

Name:       Phone Number:
______________________________________________________________________
______________________________________________________________________
______________________________________________________________________
______________________________________________________________________

Here are some other steps/courses of action I can take if I run into the person who harmed me on campus:

______________________________________________________________________
______________________________________________________________________
______________________________________________________________________
______________________________________________________________________

If I run into/hear from the person, I will keep note/log/track the contact in the following way:

______________________________________________________________________
______________________________________________________________________
______________________________________________________________________

Here are precautions I can take if I go to a campus social event or party where I might see the person who harmed me:

______________________________________________________________________
______________________________________________________________________
______________________________________________________________________
______________________________________________________________________

UCI CARE Advocate: (949) 824-7273 – Human Options (24/7 hotline) (877) 854-3594
UCI Counseling Center: (949) 824-6457 - UCI Police Department: (949) 824-5223 or 911
The National DV Hotline:1-800-799-7233 – Waymakers (24/7 hotline) 949-831-9110
Suicide Prevention Line:1-800-273-8255
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If I feel threatened or unsafe when I am on campus I can go to these public areas where I feel safe:
______________________________________________________________________
______________________________________________________________________
______________________________________________________________________

I can confide in these friends about the situation (remember that campus employees are Responsible Employees, meaning they are required to report):
______________________________________________________________________
______________________________________________________________________
______________________________________________________________________

During an emergency I can call the following friends or family at any time:
Name:       Phone Number:
_________________________________ ________________________________
_________________________________ ________________________________
_________________________________ ________________________________

These are things I can do to feel/keep myself safe:
______________________________________________________________________
______________________________________________________________________
______________________________________________________________________

These are things I need from my community of support (friends, family, etc.) in order to feel safe:
______________________________________________________________________
______________________________________________________________________
______________________________________________________________________

Resources that feel most supportive to me are:
______________________________________________________________________
______________________________________________________________________
______________________________________________________________________

Online Safety Planning Resources:

For more information on Safety Planning in situations of Domestic/Intimate Partner Violence visit the website for the National Domestic Violence Hotline, TheHotline.org: https://www.thehotline.org/help/path-to-safety/