
Participant Name

OSST#

Although you can't control an abuser's use of violence, you can plan how you will respond to future abusive or violent incidents, prepare for the possibility of an incident happening, and plan how to get to safety. It is your decision if and when you tell others that you have been abused or are still at risk. Friends, family, and coworkers can help with your safety plan if they know the situation and want to help.

Ask Yourself the Following Questions:

1. When I have to talk to the abuser, I can _____
2. When I talk on the phone with the abuser, I can _____
3. I can make up a "code word" for my family, co-workers, friends and counselor so they know when to call for help for me.
My code word is _____
4. When I feel a fight coming on, I will try to move to a place that is lowest risk for getting hurt, such as
_____ (at work), _____ (at home)
or _____ (in public).
5. I can tell my family, co-workers, boss, counselor or a friend about my situation. I feel safe telling _____

6. I can screen my calls, texts, emails, and visitors. I have the right to not receive harassing phone calls, texts or emails.
I can ask friends, family members or co-workers to help me screen my contacts. I can ask these people for help:

7. I can call any of the following people for assistance or support if necessary and ask them to call the police if they see the abuser harassing me.
Friend: _____
Relative: _____
Co-worker: _____
Counselor: _____
Shelter: _____
Other: _____
8. When leaving work, I can _____
9. When walking, riding, or driving home, if problems occur, I can _____
10. I can attend a victim's/survivor's support group with the Domestic Violence program, like _____

Contact Information I Need to Have:

Counselor: _____

Spiritual Support/Clergy: _____

Police Department: **Call 911****Domestic Violence Program:**

National Domestic Violence Hotline 1-800 799-7233 (open 24 hours)

Local Assistance/ Shelters:

Duval County – Hubbard House 904- 354-3114

Clay County – Quigley House 904-284-0061

Nassau County – Micah’s Place 904 879-6270 (Callahan), 904 491-6364 (Fernandina)

St Johns County – Betty Griffin Center 904-824-1555

Putnam County- Lee Conlee House 386-325-3141

Baker County – 904-354-3114

All Counties – 24/7 Text Hotline: 904-210-3698

Attorney: _____

Legal Aid Office Information**Downtown Jacksonville Office**126 W. Adams St.
Jacksonville, FL 32202
Phone: (904) 356-8371
Toll-Free: (866) 356-8371
Fax: (904) 356-8285**St. Johns County Legal Aid**222 San Marco Avenue
St. Augustine, FL 32084
Phone: (904) 827-9921
Toll Free: (877) 827-9921
Fax: (904) 827-9978**Clay County Legal Aid**825 N. Orange Avenue, Rm
308 Green Cove Springs, FL 32043
Phone: (904) 284-8410
Toll Free: (866) 284-8410**Some Useful Guidelines:**

- Have essential documents available when you go to an appointment: birth certificates, picture ID, driver’s license, passport, and utility bills (to show residency). Learn what documents you will need ahead of time.
- Make your calls from a place where you can engage in a conversation and take care of possible interruptions ahead of time (e.g. have little ones take a nap or call when children are playing at the neighbor’s).
- Be patient, speak clearly, and do not give your story to the person who answers the phone or the first contact person. More than likely, you will have to tell your story all over again to the person qualified to help you. Instead, give clear and specific information about what you need (e.g. “I need a pro-bono family law attorney for a child custody case, and I am a victim of domestic violence”). Then let the service provider ask you for the information they need to qualify you for the services. If possible, have an advocate initiate the contact with the referred service provider.

Additional Comments: _____

Customer’s Signature _____ Date _____ Staff Initials _____

A proud partner of the American  networkCareerSource Northeast Florida is an equal opportunity employer/agency. Auxiliary aids and accommodations for people with disabilities are provided. FRS users dial 711. For program funding details in compliance with the Stevens Amendment, please visit <https://careersourcenortheastflorida.com/about>.