

Personal Safety Plan - contacts and check-ins

A plan is four things written down: two emergency contacts, your check-in habit, your fallback locations on routes you use often, and what happens if you do not respond.

EMERGENCY NUMBER WHERE I LIVE

EMERGENCY NUMBER WHERE I TRAVEL - *confirm before each trip*

NON-EMERGENCY / TEXT-TO-EMERGENCY OPTIONS

CONTACT 1 - NAME, RELATIONSHIP, PHONE

CONTACT 2 - NAME, RELATIONSHIP, PHONE

MY CHECK-IN HABIT - *who, when, by what method*

IF I DO NOT RESPOND, THIS PERSON WILL...

Personal Safety Plan - routes, fallbacks and phone

ROUTE A (DESCRIBE)

FALLBACK LOCATIONS ON ROUTE A - open, staffed, well-lit

ROUTE B (DESCRIBE)

FALLBACK LOCATIONS ON ROUTE B

PHONE SET-UP CHECKLIST

- ☐ Emergency SOS enabled and tested
- ☐ Medical ID completed (allergies, conditions, contacts)
- ☐ Location sharing on with one trusted person
- ☐ Lock-screen emergency contact set
- ☐ Charging habit: I leave with above 50%
- ☐ Offline map of my area downloaded

MEDICAL ESSENTIALS OTHERS MUST KNOW

PLAN REHEARSED OUT LOUD WITH - name and date

NEXT REVIEW DATE

After an incident

Order matters: get safe first, then medical care if needed, then write down what you remember while it is fresh, then decide about reporting. Support services exist independently of whether you report, and you can access them at any point - including much later.

- ☐ I am somewhere safe
- ☐ Medical care sought if needed
- ☐ Written account made while fresh
- ☐ Photographs / messages preserved
- ☐ Reported (optional - my choice, on my timeline)
- ☐ Support service contacted
- ☐ Plan reviewed and updated

WHAT I REMEMBER - PEOPLE, TIMES, WORDS, DIRECTION OF TRAVEL

SUPPORT SERVICES I CAN CALL
