

Personal Safety Plan

I Know That:

- Safety of myself/children comes first.
- Abuse is not my fault, I deserve a healthy relationship.
- Through the support of community/friends/Families, I can be free from abuse.
- Army Community Service's (ACS) Victim Advocates are available 24/7 to help me.
- 911 or the military police can help if I am in immediate danger.

To Be Safe I Can:

- Keep a bag packed with important information (see below).
- Make a safety plan, an ACS Victim Advocate can help.
- Plan/discuss/review my safety plan with kids/neighbors/family.
- Develop a code word/signal with a friend or neighbor in the event of an emergency.
- Have an emergency transportation plan.
- Consider obtaining a Protective Order (military and/or Civilian).
- Seek medical attention if injured and relay circumstances of injuries to medical personnel.
- If an argument arises, get to a room with an exit route.
- Set aside money and/or credit cards for emergencies.
- Open a bank account in my own name.

Important Information to Have:

- Military ID and driver's license
- Social security card/green card/passport for self/children
- Birth and marriage certificate
- Divorce/custody papers
- Checking/savings account information
- Credit cards/billing statement
- Mortgage/lease information
- Insurance Information
- Medical/school records
- Medications/prescriptions
- Keys to home/car/office (make an extra set)
- Military and/or Civilian Protective Orders
- Pay Stubs
- Change of clothes for self/children
- Cash
- Cell phone and charger
- Address book

Family Advocacy Program
(910) 396-5521



Victim Advocate 24/7 Hotline
(910) 322-3418

Helpful Numbers to Have:

Fort Bragg ACS Family Advocacy Victim Advocate (VA) Program	(910) 396-5521
VA Hotline (24/7)	910-322-3418
Emergency	911
Military Police	(910) 396-0391
Cumberland Care Center (Shelter)	(910) 677-2532
SAFE-LINK (Protective Orders)	(910) 321-3433
Family Member Behavior Health	(910) 907-7869
Cumberland County Department of Social Services	(910) 323-1540
National Domestic Violence Hotline	1-800-799-SAFE
National Sexual Assault Hotline	1-800-656-HOPE
Military One Source	
CONUS	1-800-342-9647
OCONUS	00-800-3429-6477
To call collect OCONUS (with operator assistance)	484-530-5908

Personal Numbers

Unit/Command _____

Daycare _____

School _____

Doctor _____

Family _____

Friend _____

Other _____

**** Remember you have the right to live without fear and violence. ****

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