

Lockdown Safety Plan

Keep your **phone** charged and with you at all times. If it takes credit, ensure that it is topped up

Save important **contact numbers.**

In an emergency call the PSNI - **999**

Find your local Women's Aid at **www.womensaidni.org**

Freephone the 24hr Domestic and Sexual Abuse Helpline - **0808 802 1414**

Have a **code word** with your children/family. Tell them where to go when you say it - eg. to a neighbour or to the end of the street

Have an **escape plan**, think about where could go in an emergency - a trusted neighbour, a local shop?

If your partner becomes violent try to get to a **low risk area** of the house eg. near a phone or an exit - avoid the kitchen

Be prepared. Know where your keys are, keep important documents such as passports and birth certificates together.

For more information go to www.womensaidni.org

Women's Aid Across NI

Women's Aid is the lead voluntary organisation challenging and addressing domestic violence and abuse in Northern Ireland. WAFNI is the umbrella body of nine Women's Aid groups across NI. Women's Aid groups throughout NI provide refuge and a range of emotional and practical support services, including outreach and aftercare to women and children suffering from domestic violence and abuse.



1. Antrim, Ballymena, Carrickfergus, Larne & Newtownabbey Women's Aid	reception@womensaidabcln.org	028 2563 2136
2. Armaghdown Women's Aid	admin@womensaidarmaghdown.org	028 3025 8704 or 028 3839 7974
3. Belfast & Lisburn Women's Aid	admin@belfastwomensaid.org.uk	028 9066 6049
4. Causeway Women's Aid	womensaidcoleraine@btinternet.com	028 7035 6573
5. Fermanagh Women's Aid	womensaidfermanagh@btopenworld.com	028 6632 8898
6. Foyle Women's Aid	info@foylewomensaid.org	028 7141 6800
7. Mid-Ulster Women's Aid	admin@midulsterwomensaid.org.uk	028 8676 9300
8. North Down & Ards Women's Aid	info@ndawomensaid.org	028 9127 3196
9. Omagh Women's Aid	info@omaghwomensaid.org	028 8224 1414
10. Women's Aid Federation Northern Ireland	info@womensaidni.org	028 9024 9041

Open Monday - Friday 09:00 - 17:00