

# You CAN Rise Above Abuse

## Preparing a Safety Plan:

- Keep helpful numbers accessible:
  - National DV Hotline 1-800-799-SAFE
  - Chrysalis 24 hr Hotline 602-944-4999
  - DV STOP 480-890-3039 or 1-844-  
SAFEDVS
- Make a list of important numbers and  
keep it with you at all times.
- Have gas in your car at all times.
- Keep your phone charged at all times.
- If possible, make copies of important  
documents and keep them at a trusted  
friend's home.
- If possible, set money aside and keep it at  
a trusted friend's home.

