SOME TIPS FOR WHEN STAYING HOME ISN’T THE SAFEST

Many survivors are navigating a difficult reality: staying home to keep themselves and their community safe may keep them isolated with the person(s) causing them harm.

If you’re unsafe, remember you don't have to go at it alone. AVP is here to help you navigate options and find resources.
GOING TO THE BATHROOM CAN PROVIDE AN ADDED LAYER OF PRIVACY

If you are on the phone and unattended, you can run the shower or faucet to make some noise during the call if you need to and feel comfortable doing so.
IDENTIFY YOUR POD, YOUR NETWORK OF PEOPLE IN YOUR BUILDING OR DIGITAL COMMUNITY, FOR CONTINUED SUPPORT

Create a code word/sentence with people in your support network to indicate that you need an immediate interruption or immediate help.

Create scheduled check-ins with people in your support network.
HIDE SOME OF YOUR RESOURCES IN SAFE PLACES & CREATE A PLAN

Think about the easiest and safest routes for you to get out of your home quickly.

Stash a portion of your medication, money, drugs, or food that you can take with you if you leave, or can access on your own time.

Keep your ID on you as much as possible.
YOU CAN STILL GO OUTSIDE. GO FOR WALKS WHILE MAINTAINING PHYSICAL DISTANCE

This can remove you from and/or deescalate an unsafe situation or interaction.

Take this time to ground yourself, call a social support, reach out to a hotline, or have a counseling session.
WE UNDERSTAND NOT ALL OF THESE TIPS WILL WORK FOR, OR APPLY TO, EVERYONE.

Ultimately, AVP believes survivors know what they need, and we trust you to use the strategies and tools that work best for you.

Please remember that you don’t have to go it alone, and we are here for you, to listen, to create a personalized safety plan, or for other support at 212-714-1141.