

REMEMBER TO HAVE A SAFETY PLAN

If you
have been facing violence at the hands
of an intimate partner or someone at
home closely related to you

SUPPORT SYSTEM

Always remember your support systems such as your family, friends, neighbours and relatives who you can approach in case of violence



EMERGENCY CONTACTS

Keep the number of helplines, police and health workers handy to call in an emergency

POSSESSIONS

Take a picture of your belongings such as jewellery and other possessions and keep with you



PROTECT YOURSELF

Understand triggering factors for violence and be prepared to remove and protect yourself from further episodes

ESSENTIAL ITEMS

Keep important documents such as your ration card, evidence of marriage, Aadhar card, education certificates and some money with you in a safe place. In case you are forced to leave home under unforeseen circumstances, remember to carry these with you



**YOU HAVE A RIGHT TO A LIFE
FREE OF VIOLENCE**