

Checklist: what to take when you leave

Identification

- Driver's license
- Children's birth certificates
- Your birth certificate
- Centrelink cards

Financial

- Bank account details
- Money
- Credit cards

Legal documents

- Any court papers including Protection Orders/ Family Law papers
- Passports
- Marriage certificate
- Lease/rental contracts
- Mortgage and property deeds
- Medical records
- School records
- Car registration papers
- Insurance policies
- Divorce papers

Other

- House and car keys
- Medication
- Jewellery
- Photographs
- Children's toys
- Clothing for yourself and children
- Personal items which may be destroyed
- Current unpaid bills in your name

IN AN EMERGENCY DIAL: 000



Domestic Violence Prevention Centre Gold Coast Inc.

Contact us on: 07 5532 9000
or 07 5591 4222

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PO Box 3258 Australia Fair
Southport QLD 4215

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Other useful phone numbers

DVconnect - Womensline
(24 hours, 7 days) 1800 811 811

Women's Legal Service
1800 677 278 or (07) 3392 0670

Legal Aid & Women's Legal Aid Queensland
1300 651 188

Multicultural Families Organisation (MFO)
(07) 5571 0381

Police Prosecutions
(07) 5571 4383

Queensland Law Society
(07) 3842 5842

Southport Magistrates Court
1300 516 700

Coolangatta Magistrates Court
(07) 5569 3040



DVPC is located on Kombumerri Country on the traditional lands of the Kombumerri Saltwater people. We acknowledge and pay respects to the Kombumerri traditional custodians and their Elders, past and present.



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Safety planning

Information for victims of domestic and family violence



Produced by the Domestic Violence Prevention Centre Gold Coast Inc. (GCDVPC Inc.)
Please enquire about our Privacy Policy

Safety during an abusive incident

- If an incident seems unavoidable try to get to a room with an exit.
- Practice how to get out of your home safely. Identify which doors, stairs, elevators or windows would be best.
- Identify a neighbor you can tell about the violence and ask them to call the police if they hear a disturbance coming from your home.
- Teach your children to call 000.
- If the situation makes you feel scared and unsafe, use your own instincts and judgment to keep you and your children from harm.
- Call the police as soon as it is safe to do so.

Safety at work

- Decide who at your workplace you can tell about your current situation. This could include your workplace security.
- Devise a safety plan for arriving and leaving work.
- Use a variety of routes or have someone escort you to a bus or train.

Safety when preparing to leave

- Determine where you will go for safety. Maybe you can stay with relatives, friends or at a women's refuge.
- Always try to take your children with you.
- Leave money, spare keys, copies of important documents (passports and prescriptions), medication, clothes and some spare money with someone you trust.
- Inform yourself of community agencies who can support you and keep their telephone number in a safe place.
- Review your safety plan with a domestic violence counsellor or police.
- Discuss a safety plan with your children for when you are not with them.
- Inform your children's school, day care etc., who has permission to collect the children.
- Review your safety plan as often as possible in order to plan the safest possible way to leave.
- Review your banking and postal arrangements. Change banks. Have mail sent to a safe address or mail box.
- It may be necessary to get a silent phone number or consider changing your name.

Safety with a Protection Order

- Keep your Protection Order with you at all times. Store a copy in a safe place or with someone you trust.
- Call the police if your partner or former partner breaches the Protection Order.
- Police are required to investigate all reported incidents of domestic violence and arrest if there is a breach of an Order. There is no minimum/maximum number. **All** incidents and breaches **must** be investigated.
- If your circumstances change and your Protection Order becomes less effective, you may return to the court and apply for a variation to the Order.
- It can be helpful if you have some form of evidence to give the police or court; a statement from a witness, medical report, photograph etc.
- Give a copy of your Protection Order to your children's school/daycare and to your employer.

CAUTION!
Leaving may be your most vulnerable time.
Be prepared: have a safety plan.