

## Safety Plan

1. Keep with someone you trust: a spare set of keys, a set of clothes, important papers, prescriptions and some money.
2. Plan the safest time to get away if you decide to leave.
3. Consider telling someone what is happening. Carry phone numbers of friends and relatives with you.
4. Many technology items can be used to track you.  
From a safe computer visit [www.mmedv.org/safetynet](http://www.mmedv.org/safetynet) for info.

5. Call 911 if you are in danger.
6. Plan with your children and identify a safe place for them: a room with a lock or a neighbor's house where they can go for help. Reassure them their job is to stay safe, not to protect you.
7. Arrange a signal or code word with a neighbor i.e., if the porch light is on or I say the code, call the police.
8. Contact Dawn Center to find out about resources available to you before you have to use them or during a crisis.

## Providing No Cost Supportive Services to Survivors in Hernando County!



If You Need Help call our 24-Hour Hotline 1-352-686-8430

All calls are confidential.



## Services Available to all Domestic and Sexual Violence Survivors!

Emergency Shelter  
Case Management  
Resources and Referrals  
24 Hour Crisis Hotline  
Community Education  
Professional Education  
Legal Advocacy  
Services for Children  
Services for Men and Women

Individual Counseling  
Support Groups  
Advocacy and Support  
Community Awareness  
Youth Prevention Education  
Volunteer Opportunities  
Court Accompaniment  
Forensic Sexual Assault Exam

If you or your family want to get more information about our services please contact Dawn Center.

**24 Hour Hotline 352-686-8430**

**Volunteering and Donations 352-684-7191**

email: [info@dawncenter.org](mailto:info@dawncenter.org)  
web site: [www.dawncenter.org](http://www.dawncenter.org)



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