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# DOMESTIC VIOLENCE CHECKLIST



## A Checklist of What You Need Before You Leave

Your safety is paramount when leaving an abusive partner. By planning ahead, you can take important items and actions that will protect and support you in the future.

The below checklist details what you need to get in order before you remove yourself from a domestic violence situation.

### **Personal Identification**

1. Passport
2. Birth Certificate
3. Driver's License
4. Medicare Card

### **Important Paperwork**

- Marriage Certificate
  - Divorce papers (if obtained)
  - Apprehended Domestic Violence Order (if obtained)
  - Parenting Orders (if obtained)
  - Medical records
  - Health insurance files
  - Investment records
  - Car title, registration, and insurance information
  - Lease or house deed
  - Immigration documents
  - School records (if you have children)
  - Records of previously filed police reports
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## **Personal Belongings**

1. House keys
2. Car keys
3. A new, prepaid mobile phone
4. Medications and prescriptions
5. Meaningful, comforting keepsakes such as photographs or your child's favourite toy
6. Any pets you wish to take with you
7. Full tank of car petrol (always have your tank filled in case of emergency)

## **Finances**

1. Bank account details
2. Cash
3. Credit or ATM cards

## **Protective Measures**

1. Practice your safety plan until you know it inside and out
2. Memorise key phone numbers, including that of an emergency shelter contact
3. Ensure your phone is always charged
4. Keep cash in a safe and secure location
5. Show your children how to call the Police
6. Ask your neighbours to call the Police if they hear or observe anything concerning

For further support with your domestic violence situation, please get in touch with the dedicated team at Joplin Lawyers. Your safe space throughout the family process, we are here for you and with you.



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