

Benefits of Counseling

Some of the benefits of seeking counseling are:

- Reviewing the incident and processing events can help you clarify what actually occurred.
- Legal and judicial decisions can be discussed and utilized as part of the promotion of healing and resolution.
- Counseling can help develop coping skills and strategies—allowing for the continuance of school, work or relationships.
- Establishment of a support network can help to decrease the negative physical, psychological and emotional effects that often result from traumatic experiences.

You can utilize the traumatic experiences as an opportunity to build and practice assertiveness, confidence, and even protective instinct skills.

Who can help?

The Laramie County Sheriff's Office Victim Advocate can assist you with information regarding your case status, Victims' Rights, Crime Victim Compensation, navigation of the criminal justice system and referrals to the appropriate community helping professionals organizations according to your specific needs.



Resources

Shelters

Safehouse.....307-634-8655 or
1-800-591-9159

Legal Assistance

Legal Aid of Wyoming, Inc.
info@lawyoming.org

District Attorney's Office.....307-633-4630

Counseling

Local Churches and Religious Organizations.

Protection Orders

Safehouse307-634-8655 or
1-800-591-9159



November 2013

Personal Safety Plan

Laramie County Sheriff's Office
Danny L. Glick
Sheriff
307-633-4700



Name/ID Number:

Direct Number:

Mailing Address:
1910 Pioneer Avenue
Cheyenne, WY 82001

You have the right to be safe at all times. You do not deserve to be hit or threatened and you should never feel afraid in your relationship.

Safety at Home When the Abuser is There

- Stay out of rooms with no exit
- Avoid rooms that may have weapons
- Practice how to get out of your home safely
- Tell your neighbors about the abuse and have them call 911 if they hear a disturbance from your home
- Select a code word that will alert your friends, children, family and neighbors to call 911
- Use your own instincts and judgment—protect yourself until you are out of danger

Safety When Preparing to Leave

- Open a bank account and/or credit card in your own name—deposit as much money as you safely can
- Get a PO Box in your name so that you can receive mail
- Leave a packed bag and checklist items with a trusted relative or friend
- Plan where you will go, who you can stay with, and who will be able to lend you money during a crisis
- Memorize shelter numbers or keep them close at hand
- Review your safety plan often to ensure the safest way to leave your abuser
- ALWAYS REMEMBER: leaving your abuser is often the most dangerous time

Safety When the Abuser is Gone

- Obtain a Protection Order—keep a copy with you at all times and give copies to trusted relatives and friends
- Inform your employer, children's school/daycare, health care providers, landlord and neighbors about the Protective Order and its conditions
- Change your phone number, use caller ID, and screen your calls
- Change/add locks on your doors and windows
- Install/increase outdoor lighting
- Insert a peephole in your doors
- Inform your neighbors and landlord to call 911 if the abuser is seen near your home
- Keep a cell phone with you at all times

Protecting Your Children

- Discuss a safety plan with your children for times when you are not with them
- Plan/rehearse an escape route with your children
- If it is safe, teach children a code word to call 911 and teach them how to use your home phone, cell phone and public phones
- Meet with school personnel to provide a photo of the abuser and to discuss safety planning for your children while at school

Safety at Work

- Tell your employer—both immediate supervisor and security personnel—and provide a photo of the abuser and a copy of the Protection Order
- Screen your calls
- Arrange for an escort to/from your car or bus
- Vary the times/routes you use to go home
- Carry a noisemaker or personal alarm

Checklist Items

Identification

- Driver's License
- Birth Certificates—yours and children's
- Social Security Cards—yours and your children's
- Welfare Identification
- Medical Insurance Cards

Financial

- Money
- Credit/Debit Cards
- Checkbook

Legal Documents

- PROTECTIVE ORDER
- Lease, Rental Agreement, Property Deeds
- Vehicle Title, Registration and Insurance
- Health/Life Insurance Documents
- Medical Records—yours and children's
- Work Permit, Green Card, Visa
- Passport
- Divorce/Custody Paperwork

Other

- Keys—house, vehicles, and safe deposit
- Medications
- Small objects to sell
- Jewelry
- Address book
- Photos—you, children, and the abuser
- Small children's toys
- Clothing and toiletries