

Don't Live in Fear: Create a Safety Plan

Home is not everyone's safe place.

1



Help is there for you:

In an emergency, call 911. If you are experiencing **domestic violence** need non-emergency guidance, call the **Multi-Agency Safeguarding Hub (M.A.S.H)** at 1-800-534-2273/945-0545 or the **Cayman Islands Crisis Centre** Crisis Line at 943-2422. Alternatively, email MASH@gov.ky

2



Pack essentials:

Gather a bag of **important items** e.g. **cards, cash, important documents and medication**. Keep it in a safe place or at a friend/family's place in case you need to leave urgently.

3



Stay calm:

Take **deep breaths** and try to remain calm. It may be difficult, but it will help you **follow through** on the next steps and **keep yourself safe**.

4



Prepare your children:

Domestic violence affects everyone in the household. **Encourage your children** not to get involved in altercations and call 911 for help. Tell them of your **safety plan** in an age-appropriate way.

5



Go to a safe place

Find a **secure place** in your home. When it's safe, go to secure location e.g. a friend's or the **CI Crisis Centre**.

6



Community Support:

There are many organisations, including the **Cayman Islands Crisis Centre**, which can support you in your journey to live a life free from violence.



CAYMAN ISLANDS
GOVERNMENT



ALLIANCE TO END
DOMESTIC VIOLENCE