



Pre-Crisis Planning

If still residing with the person causing harm:

- Create a Go Bag and keep it in a secure location in your residence or with a neighbor/family/friend
 - [How to make a go bag when leaving an abusive relationship](#)
- Create a safety plan: [Safety Plan Tool](#)
- Know where your local domestic violence and emergency shelters are located
 - Create a plan on the safest way to travel to the shelter if you need to leave quickly
- Talk with a domestic violence advocate and legal services attorney to know your legal rights and options in your community before a crisis occurs

If separated from the person causing harm:

- If you have an existing court order and need to change the order see our [“Representing Yourself: The Three Most Common Family Law Legal Issues in Health Crises and Natural Disasters” tool](#).
- Know where your local domestic violence and emergency shelters are located and consider using a shelter away from your abuser if they know where you live and/or reside in the same area

Resources

Preparedness Toolkit

[Preparedness Toolkit For Emergencies, including Health Crisis and Natural Disasters Tool](#)

Representing Yourself in Virtual Hearings 101

[Representing Yourself in Virtual Hearings 101 Tool](#)

State Specific Laws

[Know the Laws - By State](#)

Local Pro Bono Legal Services Providers

[List of Pro Bono Legal Services Providers](#)

This resource was supported by the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$1.25 million with 100 percent funded by HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HHS, or the U.S. Government.

DISCLAIMER: This document is for informational purposes only. Nothing contained in this document is intended as legal advice to any person or entity.