

COVID-19 Safety Planning

No one deserves to be hurt.

**Metro Office of Family Safety
Family Safety Center**

Walk-ins & Remote Advocacy Services

610 Murfreesboro Pike

Nashville, TN 37210

(615) 880-1100

M - F, 9:00 am - 5:00 pm

Order of Protection Assistance 24/7

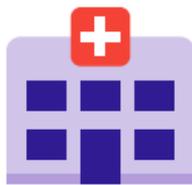
YWCA Nashville's 24-hour hotline:

1-800-334-4628

24-hour National Domestic Violence Hotline:

1-800-799-7233

COVID-19 & Abuse



If isolated at Home with your Abuser:

- **Carry your ID, extra set of keys & any Credit Cards** in Phone Case or Other Safe Place on you (pocket, bra, etc.) at all times
- Register for **Smart 911** so if you can't speak, they know your address and risk
- **Stay connected** with trusted friends or family if possible at set times/days and if they can't reach you, tell them to call for a welfare check
- **Code words** with trusted people can also tell them to call police for a welfare check
- **Make a signal** with neighbors when you need help, such 1 side of blinds higher than the other
- **Become responsible for "essential errands"**, such as grocery and pharmacy to leave or access services (shut off any phone tracking)
- Avoid wearing **items around neck**(strangulation)

If Leaving your Abuser:

- Pay attention to abuser's **daily routine**
- **Gather essential items** to leave while doing daily chores, like picking up laundry. Store these in a bag/place the abuser doesn't access
- Identify safe individuals you could stay with in case shelters are full
- Find **reason to be outside** and near the car (with children) to get fresh air, let kids run, etc.
- Create **work reason or essential errand to leave** the home (i.e. heard store has toilet paper, with children - food distribution from schools)

Accessing Healthcare:

- Memorize the Nashville COVID-19 Helpline 615-862-7777 (7am-7pm)
- Memorize closest Medical Assessment Center:
- Nissan Stadium, Meharry Medical College, Former Kmart, 2491 Murfreesboro Pike