**Safety Planning – I have already left my abuser**

If you are experiencing post-separation abuse or harassment there are ways to protect yourself and your family. It is always best to speak to a professional via the [**Helpline**](http://www.westmerciawomensaid.org/contact-us/) as they can ensure that the safety planning is tailored to your personal situation.

**Ongoing abuse or harassment**

* Seek specialist advice and support – by calling WMWA [**Helpline**](http://www.westmerciawomensaid.org/contact-us/)or using[**Live Chat**](http://www.westmerciawomensaid.org/) on the WMWA website**.**
* Consider reporting the abuse to the police by calling 999 in an emergency or 101 for non-emergencies.
* Consider applying for a civil order, for example a Non-Molestation Order prevents the abuser from making contact with you and/or your children if the order is breached they can be arrested. Follow the link for further information on your[**legal options**](http://www.westmerciawomensaid.org/resources/).
* Try to store any evidence of abuse such as texts, photos or emails safely. If you can’t store them safely or have concerns about tracking on your devices speak to your GP and ask them to make a record of the incident for you.
* If you are experiencing ongoing abuse through child contact consider seeking [**legal advice**](http://www.westmerciawomensaid.org/resources/) to discuss your options.
* Vary your routine; for example the times you start or finish work or the place/time you shop or visit family.
* Speak to your employer or children’s place of education and request additional security measures are put into place. Most employers and educational establishments will have a domestic abuse policy and will be supportive of this.
* Be mindful of your online footprint, for further information read our [**online safety tips**](http://www.westmerciawomensaid.org/help-support/online-safety/)
* You may be eligible for additional security measures for your home, to find out more about if you are eligible, speak to your landlord or local policing team.
* If you own your home you could consider installing CCTV or additional locks or lighting to increase your security.
* If it is appropriate, discuss your situation with your neighbours and encourage them to report anything suspicious to you or the police.
* Police Safe and Neighbourhood Teams may be able to complete visits to you on a regular basis to check in with you on how you and your children are. This can be discussed further with a domestic abuse worker or through your local policing team.
* Experiencing domestic abuse can have a negative impact on emotional wellbeing and mental health. If you would like advice or support please speak to your GP or another specialist health professional.

Read through our other [**safety plans**](http://www.westmerciawomensaid.org/help-support/i-need-help/) and our [**online safety guide**](http://www.westmerciawomensaid.org/help-support/online-safety/) or [**call the helpline**](http://www.westmerciawomensaid.org/contact-us/) to ensure you have all the relevant information.

I**n an emergency always call 999 -** if you cannot speak press 55 to alert the call

 handler that you need help.