

After you've left:

The period after leaving an abusive relationship can be especially dangerous



These are some things you might like to consider:

- Talk to your local community law centre or a domestic violence specialist group about getting a Protection Order, including contact arrangements for your children if you have them.
- Find the emergency and important phone numbers you may need – Police, doctor, lawyer, friends, family/whānau, community support groups. Keep these with you. If you're in danger dial 111.
- Tell neighbours, friends and your workplace that you have left an abusive relationship, and make sure they know they can phone the police if they see anything suspicious. If you have children, tell their school, and make sure they have a copy of any contact agreements.
- Make your home as safe as possible – change locks, repair damages, use outside lights, trim underneath shrubs and trees.
- Keep a cellphone with you. You can get help from Work and Income to get a phone if you don't have one.
- You can keep your new address and phone details confidential on public records by asking for this option with Spark, Electoral Roll, city council register, Work & Income, etc.
- Take someone with you when you know you are going to see your ex-partner. If you have to see them, try to meet them in public, with other people around.
- If you have children, help them understand what's going on. They don't need to know the details, but they do need to be able to talk about how they are feeling and ask any questions they may have.

