



SAFE HARBOR

Crisis Contact Card

National Hotlines

- Domestic Violence Hotline: 1(800) 799-SAFE
- Sexual Assault Hotline (RAINN): 1(800) 656-HOPE

Local Emergency Numbers

- Emergency: 911
- Local Police (Non-Emergency): _____
- Local Shelter Hotline: _____

Trusted Contacts

- Name: _____ Phone: _____
- Name: _____ Phone: _____

Safety Notes

- Code word for danger: _____
- Safe place to go: _____