



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: \_\_\_\_\_