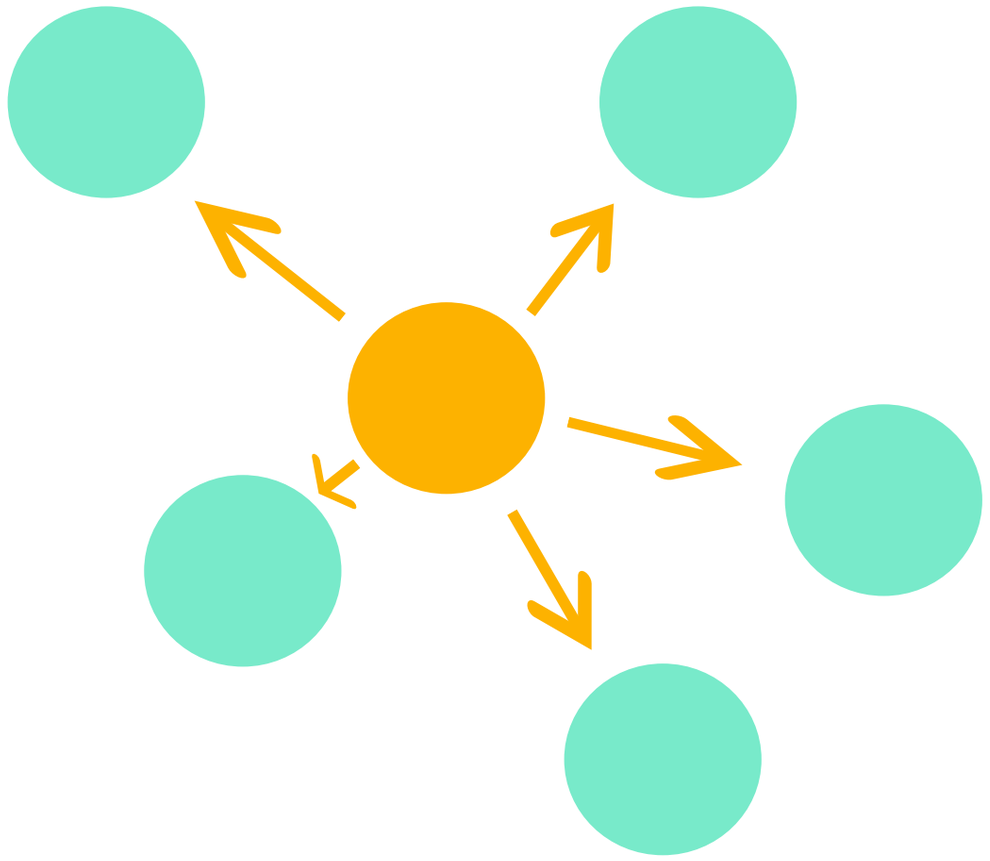
Safety and support

Sammen på vei
Nurse-Family Partnership©

Sometimes you need help and support. There are many ways people can help you. What kind of help and support do you need to protect yourself and your child?



Some people find that making a list of the people who can offer help, and support provides reassurance and a sense of security.

1. Start with a blank sheet
2. Draw a circle in the centre of the page, which represents you (e.g. in yellow)
3. Draw circles (or any shape you choose) and write the names of the people who can help and support you in each one

Put the names of the people who can help you the most, closest to the centre circle (you).

It can be practical if you have a person who lives close to you, e.g. a friendly neighbour

How can this person help?

Can you talk with this person about the violence?

Can you contact this person in case of emergency?

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Kinds of help and support	Services, helpers, phone numbers
Who can protect and look after your child if it is not safe to be at home?	
Who can you tell when you experience violence?	
Who can you contact to feel safe?	
Who can you ask to help you escape the violence in an emergency?	
Where can you find more information about violence and relationships?	
Who can help you find a new place to live, if that becomes necessary?	
Who can I contact and where can I find more information about honour-based violence?	

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Kinds of help and support	Services, helpers, phone numbers
Who can help if you need financial support?	
Who can help if you need to take out a restraining order?	
Who can help and where can you find information about child custody?	
Who can you talk to in order to make you feel better?	
Who can support you if you feel afraid and insecure?	
Who can help you take care of yourself and your health?	
What else do you think could help in your situation?	

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