

# Aviva ReachOut Safety Plan

## 1. Get Out

- Removing yourself provides immediate safety for you and your family
- Getting out gives you the time to reflect:
  - Take self-responsibility
  - What am I bringing to the conflict
- You cannot get further involved in you are not there
- There are consequences if you stay and matters escalate

## 2. Contact Support Person

- Have someone safe you can talk to
  - Friend
  - Family member
  - Safe place to stay
  - Practice stress reduction
  - Reflect

## 3. Get Professional Help

- We have a free 24/7 support line 0800 28482 669 (0800 AVIVA NOW)
- A professional support person will contact you
- Ongoing professional support is mutually planned