

You Have the Right to:

- be safe at home, work, and school.
- be informed about your options and make your own choices.
- be treated with fairness, dignity, and respect at all times.
- be believed and not be blamed for the harm done to you.
- have meaningful access to the civil and criminal legal systems.
- access the resources and services that best meet your safety needs.

Safety Planning Tips for Intimate Partner Violence

- Trust your instincts. You are the expert in your situation.
- Make a safety plan with trusted friends or family. A code word could let them know if you need help.
- Identify a place you can go when you feel unsafe.
- Pack an emergency bag with important documents and items you may need for a few days, in case you leave in a hurry.
- Write down important phone numbers and keep them in a safe place in case you cannot access your phone.
- If you have a Protection Order, always carry a copy with you.
- **For additional support with safety planning, connect with a Project Safeguard Legal Advocate.**



Contact us at 720-618-3482

Connect with us in person:

Rose Andom Center

1330 Fox St., Denver, CO 80204

Adams County

Room 151, 1100 Judicial Ctr. Dr.,
Brighton, CO 80601

Arapahoe County

Room 209A, 7325 S. Potomac St.
Centennial, CO 80112

Denver County

Room 177, 1437 Bannock St.,
Denver, CO 80202

If you need immediate assistance outside of our business hours, please reach out to one of the following agencies:

- **SafeHouse Denver** (24/7 hotline for survivors of domestic violence): **303-318-9989**
- **The Blue Bench** (24/7 hotline for survivors of sexual assault): **303-322-7273**

Connect with us online:

www.PSGhelps.org
info@PSGhelps.org



Helping survivors of gender-based violence navigate the civil legal system

How Project Safeguard can support you on your journey to safety

