How to Escape Domestic and Intimate Partner Violence

Planning to Get Away

- Do not inform your abuser of your plan to leave.
- Build a trustworthy support network.
- Share your phone number, and home and escape address with your support network, and share your location with a trusted person.
- Be ready to leave at any moment. Discreetly pack and securely hide your essential items. Know where to seek safety and support.
- Plan where you will go once you leave.
- Do not tell your children you are leaving until it is safe.

Following Departure

- Avoid social media.
- Turn off tracking (e.g., Snapchat maps or other location-sharing apps).
- Change your banking information if necessary.
- Inform your employer about the situation.
- Consider pursuing a peace bond or restraining order.
- Seek out support.



New Brunswick Law Foundation
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For a list of resources, please visit