

**SAFETY &  
SUPPORT  
PLANNING**

# A little help from my friends

## SUPPORT PLANNING CHECKLIST

### SUPPORT NEEDED

SURVIVORS MARK SUPPORTS THEY NEED

### SUPPORT AVAILABLE

FRIENDS & FAMILY MARK WHAT THEY CAN OFFER

Details and Conditions	Y/N/M	Support Item	Y/N/M	Details and Conditions
Take care of Fido when I move out of my apartment.	Y	Pet sit	Y	Up to 3 days/3 nights.
		Listening		
		Provide place to stay overnight		
		Provide rides		
		Help keep calendar— remind of important dates		
		Provide childcare/watch children		
		Bring meals / coordinate meals		
		Find out information about community resources		
		Help think through “coming out” talk with family members/friends		
		Have regular phone check ins		
		Do fun things together		
		Get connected to domestic violence / sexual assault agency		
		Borrow /loan money		
		Help to budget, figure out finances/ hold money		
		Store belongings / important items / money /paperwork		
		Go along to appointments (medical, court, etc)		

### KEY

**YES:** I am in need of this support / available to give this support

**NO:** I am not in need of this support /not available to give this support

**MAYBE:** I may want this support / be able to provide this support under certain conditions

When relationships are tough (and especially when a relationship is abusive), we can need all kinds of help to get by. Still, it can be hard to ask for help AND hard to know how to be helpful. Even when we reach out, getting to specifics can be a challenge. Don't derail support with worry - ["What if I can't (or don't want to) do what they ask for?" or "What if they agree to help me when they don't really want to?"]. Instead, anyone can use this handy checklist to clearly communicate their needs OR what they are willing/able to do (or not do) to help out.

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Take care of Fido when I move out of my apartment.	Y	Pet sit	Y	Up to 3 days/3 nights.
		Run errands with		
		Run errands for		
		Pick children up from school		
		Help talk with other friends about situation/ the abuse		
		Invite family along for outings		
		Spend regular, quality time with one or more children.		
		Don't offer drinks. Plan "sober" nights out.		
		Talk about financial concerns		
		Talk about parenting concerns		
		Check back in regularly. Keep checking back in.		
		Help with household repairs		

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