

**NCPD**

National Council of & for  
Persons with Disabilities



Pocket Guide  
**What to do  
when leaving a  
violent situation**  
Easy Read Version

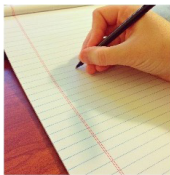
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Put together your clothes and important things in a bag.

Important things are items like your identity document.



Write on a small piece of paper important phone numbers.

Phone numbers should be of people you trust.



Look for someone to drive you away from the place.

Do this before the day you plan to leave.



Take your pills with you.



Do not tell your plan to people you do not trust.



Go to the police station to save time.

You can also meet the police at a place near you.



Put on shoes that are easy to walk in.



Take a toy that your child likes the most.

Take any photos you like.



Tell the people about your disability. Tell them the type of support you will need.

They will help you better if you tell them.

# #EndGBV

Believe women and girls  
with disabilities

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