

Discreetly give this lipstick tube to someone you know or suspect is being emotionally or physically abused. The tube contains domestic violence hotline numbers throughout Central NJ.

## Domestic Violence Signs

- Bruises or injuries
- Changing eating habits
- Difficulty making eye contact
- Talking about and/or attempting suicide
- Cutting off contact with friends and family
- Developing a drug, alcohol or tobacco problem
- Complaining of lack of sleep or sleeping too much
- Becoming more withdrawn, quiet and private over time
- Displaying low self-esteem, depression, agitation and/or anxiousness
- Covering up bruises with makeup or clothing and/or making excuses for injuries

*The Lipstick Project*  
Keeping women safe



# How to Create a Safety Plan



- Find a safe place where you can go if you or your children are in danger such as a trusted friend or family member's house or a shelter.
- Set aside money and medication in case of an emergency.
- Carry important documents with you and a preprogrammed charged phone.
- Call the police (911) if you are in danger.
- Let trusted family, friends' co-workers, work security and neighbors know what has happened and give them a photo of your abuser.
- Reach out to a domestic violence hotline or shelter for support.
- Get medical help even if you think the injury is minor.
- File a Temporary Restraining Order (TRO) at your county courthouse or police station and keep it with you.
- Change your locks, phone number, work hours and routine.