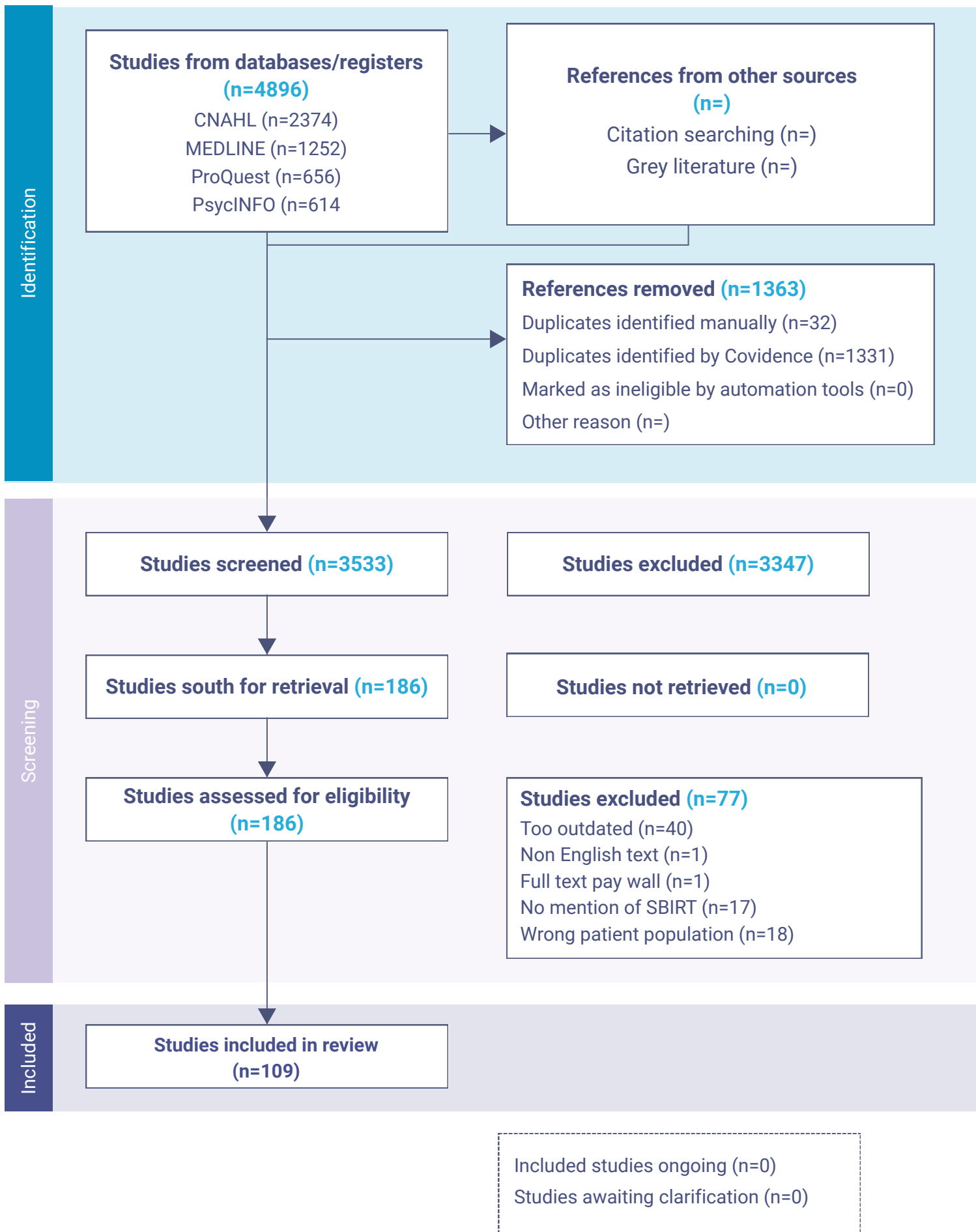


Chapter 13

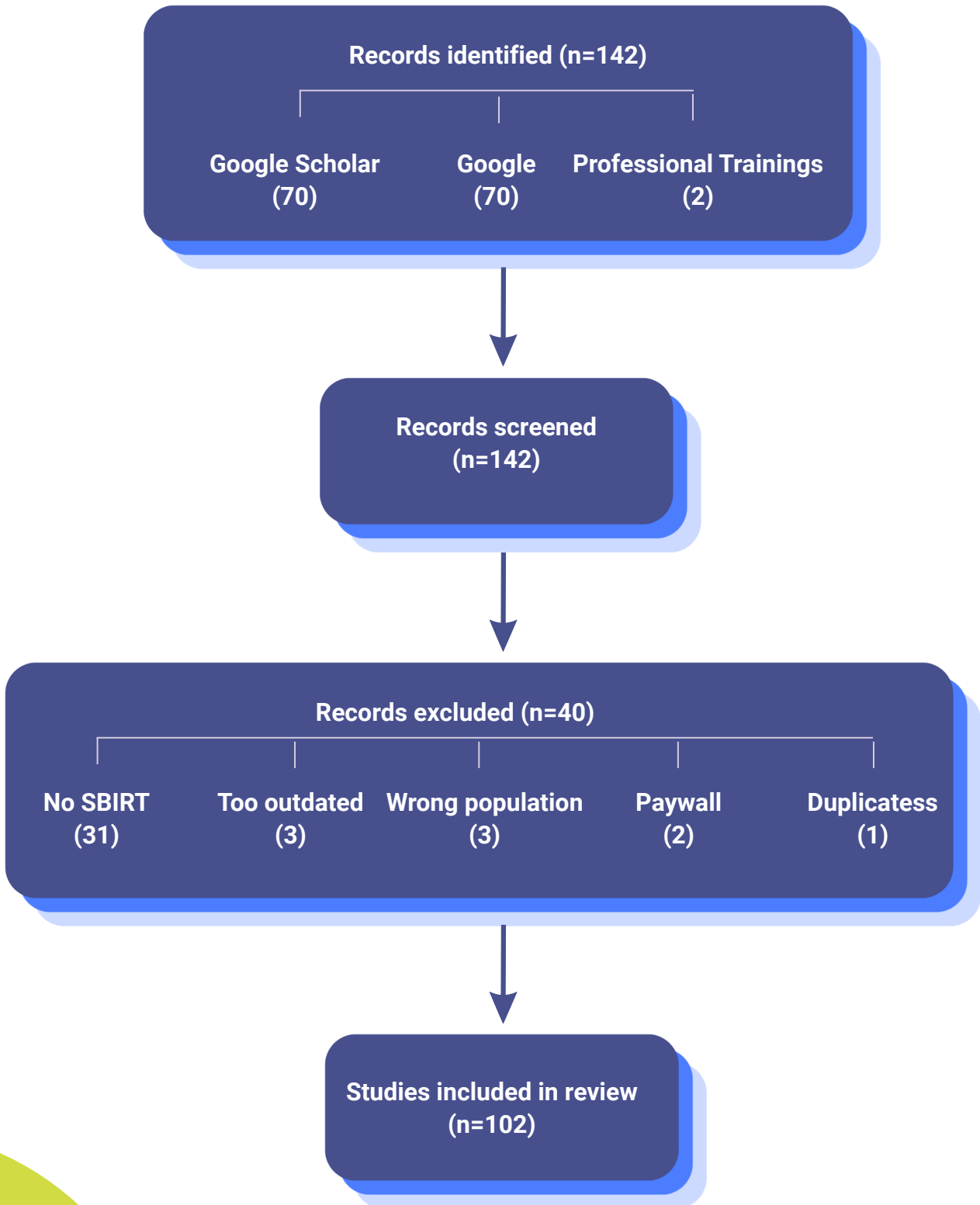
Appendices



**Appendix A:
PRISMA DIAGRAM PEER REVIEWED LITERATURE**



Appendix B:
PRISMA DIAGRAM GREY LITERATURE SEARCH



**Appendix C:
Safety Plan
Immediate Safety Needs Related to Gender-Based Violence and Substance Use**

This safety plan is intended to support women in identifying immediate safety needs, supportive connections, and practical strategies during times of crisis, heightened risk, or uncertainty. Safety planning looks different for everyone. Individuals are encouraged to complete only the sections that feel safe and relevant to them.

1. My Support Network

(Examples: trusted friend, counsellor, case manager, healthcare provider, Elder, peer support, cultural or spiritual support, community organization, shelter staff, or support group)

Name / Service	Phone Number or Contact Information	How They Support Me

2. Emergency Bag / Preparing for a Quick Exit

- Possible items may include:
- Change of clothes
 - Cash or prepaid card
 - Snacks and water
 - Phone charger
 - Keys
 - Identification and copies of important documents
 - Medications

- Emergency contact information
- Comfort items for children
- Transportation cards or bus fare

Important: If keeping an emergency bag at home could increase risk or escalate harm if discovered, consider alternative safety options.

Items that may be important for me to include:

3. Plan for Immediate Danger

(If I feel unsafe, threatened, controlled, or at risk of harm)

If possible, can I move to a safer area where:

- I may be able to leave more easily?
- Someone may hear me?
- There may be fewer objects that could be used to cause harm?

For example, avoiding isolated spaces or rooms with weapons or sharp objects.

If I cannot leave the house, I may try to move to:

If I am able to leave, a safer place I could go is:

Important items I may want access to:

Emergency contacts:

4. Crisis Support

(If I need immediate support and cannot reach someone I trust)

- Local emergency services: _____
- 24/7 Crisis Support: Call or text **211** or call **911** in an emergency
- Local women's, violence, mental health, or substance-use support services:

5. Harm Reduction and Safety Checklist

- Keeping my phone charged and accessible
- Saving emergency contacts in my phone
- Eating regularly and staying hydrated
- Taking medications as prescribed
- Avoiding using substances alone when possible
- Trying to avoid mixing substances
- Carrying Naloxone or knowing where to access it
- Having transportation money or a safer ride plan
- Letting someone I trust know where I am, if safe to do so
- Planning for children, pets, or dependents if needed

Other things that may help increase my safety:

A Safer Place to Keep This Plan

Examples may include:

- With a trusted person
- In a password-protected phone or email account
- Hidden among personal documents
- At a community agency or support service

The Jean Tweed Centre



For Women & Their Families

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