


## SAFETY PLANNING DURING THE COVID-19 PANDEMIC

A safety plan **DOES NOT** replace calling the police for urgent help but will help you be prepared.


### THINGS TO CONSIDER UNDER THE TRAVEL RESTRICTIONS


- » **Keep up to date** on transportation availability.
- » During an urgent crisis, **call the police** or the nearest women's organization.


## THINGS TO PACK IN YOUR EMERGENCY BAG


 Identification


 Legal documents


 Extra keys


 Cash and cards


 Extra clothes

 Sanitary products

A prepaid cell phone 

Phone charger 

Regular medications 

Important contact numbers 

## THINGS TO KNOW IF YOU ARE A WOMAN MIGRANT WORKER

- » You **ALWAYS** have a right to safety and protection no matter your migration status.
- » Ask for **translation services** when you seek services.
- » Link with peer support networks that can provide information and services.
- » Contact the number of your **embassy and consular services** if you are abroad.

## TO GET SUPPORT IN INDONESIA, CALL THE FOLLOWING NUMBERS

SERVICES	CONTACTS
Medical support	<b>Dr. Boge Priyo Nugroho</b> (Jakarta) +62 811-1922-024 (Tarakan Hospital Based Crisis Center for GBV)
P2TP2A Jakarta	<b>Hotline:</b> 112 or 0813 1761 7622 <b>Email:</b> <a href="mailto:konsultasi.uptp2tp2adki.2007@gmail.com">konsultasi.uptp2tp2adki.2007@gmail.com</a>
Ministry of Women Empowerment and Child Protection	<b>Hotline:</b> 0821 2575 1234 <b>Email:</b> <a href="mailto:pengaduan@kemenpppa.go.id">pengaduan@kemenpppa.go.id</a> <b>Online:</b> <a href="https://bit.ly/kamitetapada">https://bit.ly/kamitetapada</a>
Ministry of Social Affair	<b>Hotline:</b> 1500 771
National Commission on Violence against Women	<b>Hotline:</b> 021 390 3922 <b>Email:</b> <a href="mailto:petugaspengaduan@komnasperempuan.go.id">petugaspengaduan@komnasperempuan.go.id</a>
LBH APIK Jakarta	<b>Whatsapp:</b> 0813 8882 2669 <b>Email:</b> <a href="mailto:lbh.apik@gmail.com">lbh.apik@gmail.com</a>
Yayasan Pulih	<b>Call:</b> 0811 943 6633 <b>Counseling:</b> <a href="https://yayasanpulih.org/konsultasi-online">https://yayasanpulih.org/konsultasi-online</a>



**Spotlight Initiative**  
To eliminate violence against women and girls

