



THE UNIVERSITY  
of EDINBURGH

## Equally Safe: Safety Planning Guide

This guide offers general advice and may not cover every situation.

In an emergency or if you feel unsafe, always call Police Scotland **999**.

Your safety plan should reflect your personal needs. For tailored support, contact the **Equally Safe team** or a specialist service, listed below

### Key Contacts

- **Equally Safe Team:** [equallysafeteam@ed.ac.uk](mailto:equallysafeteam@ed.ac.uk)
- **University Security (24/7):** 0131 650 2257
- **Residence Life (24/7):** 0131 667 1971
- **Police Scotland** (Non-Emergency): 101
- **Rape Crisis Scotland** (freephone, 5pm – midnight everyday): 08088 010302
- **SARCS (NHS):** 0800 148 8888 (for care in the days following a sexual assault)
- **Edinburgh Rape Crisis Centre:** 0131 556 9437
- **Women's Aid:** 0800 027 1234
- **Abused Men in Scotland:** 03300 949 395

### What is a Safety Plan?

A safety plan is a set of practical steps to help you stay safe if you are being hurt or mistreated.

Its goal is to help you feel safer both physically and emotionally, and to give you back some control over the situation. Having a plan can also help you feel less worried and give you practical ideas on what to do if you are concerned about your safety.

It is important to get help and advice from specialised support services (see above, key contacts)

You know the situation best. Sharing details about past patterns of harmful behaviour – and how they have gotten worse – can provide more accurate understanding into potential future risk. This is helpful when planning for your safety.

## Starting to Plan

Think about your situation and ask:

- Has the pattern of harmful behaviour changed recently (e.g. more frequent, physical, or online)?
- Does the person know where you live, study, or work?
- Are they in your classes, accommodation, or social circles?
- Have there been threats to you or others?

The following link offers practice advice on safety planning in domestic abuse:  
[domestic-abuse-safety-planning-booklet](#)

## A Few Safety Tips

- **Consider letting someone you trust know**
- **Keep your phone charged** and save emergency contacts
- **Use safety apps** like Hollie Guard [HollieGuard - Personal Safety App](#)
- **Ask about a partner's history** from Police Scotland via this form [Disclosure Scheme for Domestic Abuse Scotland | Police Scotland.](#)
- **Plan safe routes** and identify safe spaces on and off campus

If the person who harmed you is in your classes or accommodation, the **Equally Safe Team**, **Residence Life**, or your **Student Advisor** can help you explore options like changing rooms, labs, tutorials or accessing separate study spaces. If you choose to make a formal complaint, the University can also take steps during investigation to reduce risks to your safety and wellbeing [Requesting an investigation | Academic Quality and Standards | Student Administration](#)