



RECOVERY | FIELD GUIDE

When a new address must stay private

Share what is necessary without giving away where you feel safe.

A note from Victoria

A form, school office, or helpful friend may ask for an address as if it is routine. Your privacy is not an inconvenience. You can pause and ask who actually needs that information.

What to do

Before filling in a form, ask why the address is needed, who can see it, and whether a safe mailing address or confidential-address program applies where you live. Do not invent information on a legal form. For court, school, or benefits paperwork, ask a qualified local advocate about lawful privacy options. Use a safer device if someone may monitor your accounts.

Words you can use

"My location needs to remain confidential. Who will see this field, and what approved alternative can I use?"

One useful step I can take today:

I could start with: Identify one form or account where your address appears and the right person to ask about access.

The strength I see in you

You are allowed to protect the place where you are rebuilding.

Peer support and education, not therapy, legal advice, or an individualized safety plan. If you are in immediate danger, contact local emergency services or a domestic-violence advocate.



RECOVERY | WORKSHEET

When a new address must stay private

Use this page in your own words. You can leave any part blank.

Where my address is requested

Who can access it and why

An approved privacy option to ask about

My next manageable step

A person, service, or place I can turn to (if useful)

Peer support and education, not therapy, legal advice, or an individualized safety plan. If you are in immediate danger, contact local emergency services or a domestic-violence advocate.