



DISTRESS CODE SYSTEM

A distress code is a spoken word or phrase that is not commonly used but can be worked into any phone or in-person conversation for cases where you feel uneasy, but do not feel you are in danger.

If you are in immediate danger – stop the car and leave the area, or jump out of the car at the next stop. Also, don't hesitate to call 911 in an emergency.

Use this code if the person you are with can overhear the conversation, but you don't want to alarm them.

Distress Code:

Call your receptionist and say,

**“Hi, this is Dave. I'm at [address].
Can you email me the DISCLOSURE FILE?”**

Action Plan:

- The receptionist or colleague who receives your call with the distress code will then be alerted that you may be in danger.
- They are instructed to call 911 on your behalf and notify the operator that they had just received your pre-designated Distress Code and that you may be in danger.