SAFETY PLANNING: PROTECT YOURSELF

⇒ Stash some cash for emergencies.
⇒ Pack an emergency bag with clothes, important documents, spare keys, and important phone numbers. Keep it in a safe place or with a friend.
⇒ Let someone know about your situation. Give them a code or phrase to signal if you’re in danger.
⇒ Practice an escape route and identify the safest rooms in your home.
⇒ Teach your children to dial 911.

LEGAL RIGHTS: ABUSE IS OFTEN CRIMINAL

You have legal options. If a crime has been committed against you, you can call the police or file for criminal charges through a commissioner. A legal advocate may be available to accompany you to court. If you are being abused, you can request a civil protective or peace order from the courts. An attorney may be available to represent you.

Maryland Helpline
1-800-MD-HELPS (1-800-634-3577)

Confidential 24/7 Hotlines in Maryland

Allegany County ...(301) 759-9244
Anne Arundel County............(410) 222-6800
Baltimore City ...................(410) 889-7884
or (410) 828-6390
Baltimore County ...............(410) 828-6390
Calvert County .................(410) 535-1121
Carroll County .................(410) 857-0077
Caroline, Kent, Dorchester, Queen
Anne’s, & Talbot Counties ...(800) 927-4673
Cecil County .....................(410) 996-0333
Charles County ...............(301) 645-3336
Frederick County .............(301) 662-8800
Garrett County .................(301) 334-9000
Harford County ...............(410) 836-8430
Howard County ...............(410) 997-2272
or (800) 752-0191
Montgomery County ........Weekdays: (240) 777-4195
24 hours: (240) 777-4673
Prince George’s County ......(866) 382-7474
St. Mary’s County ..........(301) 863-6661
Somerset, Wicomico, & Worcester Counties ....(410) 749-4357
or (410) 641-4357
Washington County ......(301) 739-8975
09/13
She loves me.  
She hits me.  
She gives me presents.  
He says he’s never loved anyone like this.  
He’s threatened suicide if I ever leave him.  
My partner says I’m the only one.  
My partner rapes me.  
My partner says no one else will ever love me.

FACTS TO KNOW:

➨ Domestic violence includes a broad spectrum of abusive behaviors.  
➨ You don’t have to be hit to be abused. Abuse can be verbal, emotional, psychological, and/or sexual.  
➨ Abusive behaviors are oppressive, coercive, and controlling.  
➨ Domestic violence can be experienced by anyone, regardless of gender identity or sexual orientation.

ARE YOU DATING OR LIVING WITH SOMEONE WHO:

➨ Is jealous and possessive, doesn’t like you being with your friends, checks up on you, won’t accept breaking up?  
➨ Is scary? You worry about how they will react to things you say or do. This person threatens you, uses or owns weapons.  
➨ Has hit, pushed, choked, restrained, kicked, or otherwise physically abused you?  
➨ Blames you for when they mistreat you saying you provoked them, pushed buttons, led them on?  
➨ Uses your credit cards without permission, controls your money?  
➨ Threatens to out you to friends, family or co-workers or makes you feel bad about yourself.

YOU ARE NOT ALONE.  
NO ONE DESERVES TO BE ABUSED.

IF YOU HAVE A FRIEND WHO IS BEING ABUSED:

➨ Don’t ignore it.  
➨ Let your friend know privately that you’re aware of the abusive situation.  
➨ Be there as a friend.  
➨ Be a good listener.  
➨ Offer your friend support, the space to express hurt, anger, and fear and allow them to make their own decisions.  
➨ Let your friend know that they are not responsible for the abuse and do not deserve it.  
➨ Tell your friend about available resources. (see back cover)

1-800-MD-HELPS  
(1-800-634-3577)