

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

**Relationships
Shouldn't
Hurt**

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)**