

SAFETY PLANNING: PROTECT YOURSELF

- ➔ Stash some cash for emergencies.
- ➔ Pack an emergency bag with clothes, important documents, spare keys, and important phone numbers, and 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 A CRIME

You **DO** have legal options. If you are in danger, call the police. You may also file for a protective or peace order that requires the abuser to stop the violence and stay away from you, your home, place of business and children. Violating orders may be grounds for arrest. File for an order at your local court.

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	Day: (240) 777-4195 Eve./Weekend: (240) 777-4673
Prince George's County	(866) 382-7474 or (301) 731-1203
St. Mary's County	(301) 863-6661
Somerset, Wicomico, & Worcester Counties	(410) 749-4357 or (410) 641-4357
Washington County	(301) 739-8975
Jewish? CHANA	(800) 991-0023
Hispanic/Latino?	(410) 889-7884



He loves me.

He hits me.

He gives me presents.

She says she's never loved anyone like this.

She's threatened suicide if I ever leave her.

He says I'm the only one.

He rapes me.

He 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.

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 your abuser 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 provoking or causing the abuse.
- Uses your credit cards without permission, controls your money?

**YOU ARE NOT ALONE.
NO ONE DESERVES TO BE ABUSED.
1-800-MD-HELPS
(1-800-634-3577)**

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 him/her to make their own decisions.
- Let your friend know that she/he are not responsible for the abuse and does not deserve it.
- Tell your friend about available resources.