

Domestic Violence Programs in Maryland

ALLEGANY COUNTY

Hotline 301-759-9244
TTY 301-759-9244
Family Crisis Resource Center
301-759-9246

ANNE ARUNDEL COUNTY

Hotline 410-222-6800
YWCA Domestic Violence Services
410-626-7800 (Annapolis)
410-974-0084 (Baltimore)

BALTIMORE CITY

Hotline 410-889-7884
TTY 410-889-0047
House of Ruth 410-889-0840
Hotline 410-828-6390
TurnAround 410-837-7000

BALTIMORE COUNTY

Hotline 410-828-6390
Family and Children's Services of
Central Maryland 410-281-1334
Family Crisis Center of Baltimore
County, Inc. 410-285-4357
410-285-7496 (shelter)
TurnAround 410-377-8111

CALVERT COUNTY

Hotline 410-535-1121
Metro Hotline 301-855-1075
Crisis Intervention Center

CARROLL COUNTY

Hotline 410-857-0077
Family and Children's Services of
Central Maryland 410-876-1233

CAROLINE, KENT, DORCHESTER, QUEEN ANNE'S AND TALBOT COUNTIES

Hotline 1-800-927-4673
Mid Shore Council on
Family Violence 410-479-1149

CECIL COUNTY

Hotline 410-996-0333 DV/Rape Crisis

CHARLES COUNTY

Hotline 301-645-3336
Metro Hotline 301-843-1110
Center for Abused Persons
301-645-8994

FREDERICK COUNTY

Hotline 301-662-8800
TTY 301-662-1565
Hearty House

GARRETT COUNTY

Hotline 301-334-9000
The Dove Center
Oakland 301-334-6255
Grantsville 301-895-4300

HARFORD COUNTY

Hotline 410-836-8430
Sexual Assault / Spouse Abuse
Resource Center 410-836-8431
410-879-3486 (Baltimore)

HOWARD COUNTY

Hotline 800-752-0191
or 410-997-2272
Domestic Violence Center
410-997-0304

MONTGOMERY COUNTY

Hotline 240-777-4673
TTY 240-777-4850
Abused Persons Program
240-777-4210

PRINCE GEORGE'S COUNTY

Hotline 1-866-382-7474
Family Crisis Center, Inc.
301-779-2100

BAXTER CENTER FOR FAMILY SAFETY AND SUPPORT

240-260-0068 or 301-997-7790

ST MARY'S COUNTY

Hotline 301-863-6661
Walden / Sierra, Inc. 301-997-1300
Southern Maryland Center for
Family Advocacy 301-373-4141
(Legal Services)

SOMERSET, WICOMICO & WORCESTER COUNTIES

Hotline 410-749-4357
or 410-641-4357
Life Crisis Center 410-749-0771

WASHINGTON COUNTY

Hotline 301-739-8975
TTY 301-739-1012
Citizens Assisting and Sheltering
the Abused (CASA)
301-739-4990

SPECIALIZED PROGRAMS

ST. MICHAEL'S OUTREACH CENTER/ADELANTE

(Hispanic/Latina)
(Baltimore City/County)
410-732-2176

CHANA (Jewish)

Hotline 800-991-0023

ASIAN/PACIFIC ISLANDER DOMESTIC VIOLENCE RESOURCE PROJECT

202-464-4477

Leaving an Abuser can be Dangerous

Protect Yourself. Develop a Safety Plan:

1. Tell your doctor or nurse what is happening to you. Disclosures are confidential, unless a child or vulnerable adult is involved.
2. Plan ways of escape in the event of a violent incident.
3. Have someone take pictures of your injuries and keep them in a safe place.
4. Talk to someone you trust about the abuse.
5. Hide a spare set of keys, some money, extra clothes, and prescription medication. Keep copies of important papers for both you and your children.
6. Keep change for pay phones, a pre-paid calling card, or a charged cell phone with you at all times.
7. Open your own bank account.
8. Call 911 if you need help right away, and teach your children how to call 911.

**Abuse is a Crime.
There is Help.**

DOMESTIC VIOLENCE HELPLINES

Statewide
1-800-MD-HELPS⁽⁶³⁴⁻³⁵⁷⁷⁾
National
1-800-799-SAFE⁽⁷²³³⁾

Maryland Health Care Coalition Against Domestic Violence
1211 Cathedral Street • Baltimore, Maryland 21201 • 410-539-0872

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**DOMESTIC
VIOLENCE**
MORE THAN BRUISES & BROKEN BONES

**Talk to a Doctor
or Nurse**



Maryland Health
Care Coalition
Against Domestic
Violence

MedChi
The Maryland State Medical Society

1-800-MD-HELPS

Domestic Violence

Domestic violence is a pattern of coercive behavior characterized by the control of one person over another, usually an intimate partner, through physical, psychological, emotional, verbal, sexual, and/or economic abuse.

Does Your Partner...

- ✗ Constantly criticize you?
- ✗ Control the money?
- ✗ Have sudden mood changes?
- ✗ Monitor activities and phone calls?
- ✗ Keep you away from family and friends?
- ✗ Accuse you of having affairs?
- ✗ Destroy things you care about, like family photos or clothes?
- ✗ Hit you, then later deny it or blame you?
- ✗ Threaten to kill you, him/herself, loved ones or pets?
- ✗ Force you to have sex or hurt you sexually?
- ✗ Stop you from seeing a doctor. Take away medicines or birth control?
- ✗ Give you gifts or apologize after the abuse occurs and promise that it will never happen again?

Domestic Violence Affects People of Both Genders and Any Race, Ethnic Group, Religion, Age, Income Level, Educational Background, and Marital Status.

Examples of Domestic Violence

Physical Abuse

Pushing	Hurting children
Shoving	Kicking
Using weapons	Choking
Punching	Abusing pets
Slapping	Spitting
Neck grabbing	

Psychological, Emotional or Verbal Abuse

Isolation	Jealousy
Criticism	Lying
Humiliation	Possessiveness
Threats	Manipulating
Intimidation	Monitoring calls
Harassment	Destroying property
Stalking	Controlling activities

Economic Abuse

Purposely not paying bills or refusing to work.
Refusing to give money to the victim.
Not letting the victim work or go to school.
Interfering with victim's job or job training.

Sexual Abuse

Forcing unwanted sex or sexual acts

Domestic Violence is Serious, Widespread, and Sometimes...Deadly.

One out of every four American women (26%) reports that she has been physically abused by a husband or boyfriend at some point in her life.

Women are 85-95% of the victims of intimate violence.

A woman is more likely to be assaulted, injured, raped or killed by her male partner than by a stranger.

52% of female murder victims are killed by their male partners.

23% of pregnant women seeking prenatal care have been abused, often causing miscarriages and low birth-weight babies.

More than half of men who abuse their female partners also abuse their children.

Tell Your Doctor or Nurse What is Happening to You.

Domestic Violence Can Make You Sick. Abuse Can Lead to Long-Term Health Problems.

In Ways You Can See...

Scratches, Bruises, Sprains and Cuts
Bruises to the Stomach or Genitals
Injuries to the Head, Neck, Chest, or Breasts
Broken Bones and Teeth
Vision and Hearing Loss
Miscarriages or Low Birth-Weight Babies
GYN Problems

In Ways You Can't See...

Unexplained Aches and Pains
Chronic Headaches
Depression and Fatigue
Anxiety, Sleep Disturbance, or Panic Attacks
Frequent Stomach Aches or Chest Pain
Abuse of Pain Medications
Addiction to Drugs or Alcohol
Attempted Suicide