

RESOURCES AVAILABLE

EMERGENCY:

Baltimore City Police Department.....911
 Local Police Department.....911
 Local Sheriff Department.....911
 Ambulance.....911

SHELTER:

House of Ruth Women's
 Shelter.....410-889-0840
 Crisis.....410-889-7884
 (Shelter for battered women and
 their children)
 Sexual assault and Domestic
 violence center.....410-377-8111

COUNSELING:

House of Ruth
 HEBCAC.....410-614-5351
 Sexual assault and Domestic
 violence center.....410-377-8111

LEGAL:

House of Ruth Legal Clinics

- Baltimore City/County.....410-554-8463
- Prince Georges, Montgomery and
 Charles counties.....301-699-7990
- Outside Baltimore Metro
 area.....1-888-880-7884
- Victim advocate office, District court of
 Baltimore City.....410-385-2263

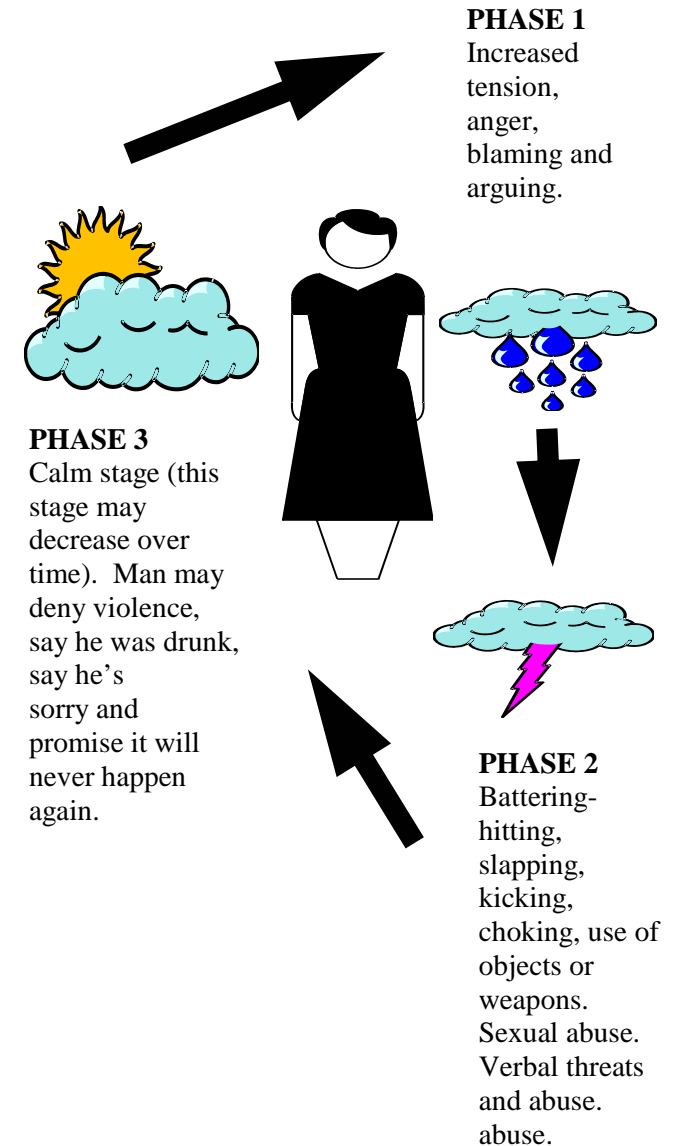
OTHER RESOURCES



IF
 YOU ARE
 ABUSED OR
 WORRIED ABOUT
 BEING ABUSED,
 FIND SOMEONE
 YOU CAN TALK TO.
 KEEPING THE ABUSE
 A SECRET ONLY
 PROTECTS THE ABUSER.

**NATIONAL
 DOMESTIC VIOLENCE HOTLINE
 1-800-799-SAFE (7233)**

ARE YOU IN A CYCLE OF ABUSE?



INCREASED DANGER

Abuse of women is common.

Women who have experienced abuse need to know that any of the following means their situation is becoming more dangerous:

- Abuse happens more often
- Abuse gets rougher
- Abuser has used a weapon on her or threatened you with a weapon
- Abuser tries to choke her
- Abuser threatens to kill you
- There is a gun in the house (or car)
- Abuser forces sex
- Abuser used drugs such as crack or speed
- Abuser threatens to kill himself
- Abuser is drunk almost every day
- Abuser hits you while you are pregnant
- Abuser is extremely jealous, suspicious, or possessive
- Abuser gets into fights with other people
- Abuser threatens to harm the children
- There is a child in the home that is your child but not his
- Abuser controls most or all of her activities
- Abuser spies on, follows, destroys your property or otherwise stalks you

OPTIONS Every woman has choices

STAY WITH THE ABUSER

- Make a safety plan
- Call police if abused
- Attend battered women's support group
- Get him to go to batterer intervention
- Get him to go to substance abuse treatment
- Get counseling for children
- Get counseling for self

REMOVE THE ABUSER (ARREST)

- Best way to stop future abuse
- Temporarily removes abuser
- Police can arrest and file charges—Woman can file charges and police arrest
- Filing a report is not the same as filing charges. Ask police what they are filing
- Court can order him to batterer intervention program

PROTECTIVE ORDERS

- Prohibits abuser from coming within a specified distance of work and home and from communicating with woman
- If abuser violates the order, he can be arrested
- After abuser is removed, change all door locks
- Make a safety plan

LEAVE THE ABUSER

- Battered Women's Shelter

SAFETY PLAN

TRY TO DO THE FOLLOWING:

- Hide money
- Hide extra set of house and car keys
- Establish code with family and friends
- Ask neighbor to call police if violence begins
- Remove weapons
- Have available:
 - Social security numbers (His, yours, children)
 - Rent and utility receipts
 - Birth certificates (Yours and children)
 - Bank account numbers
 - Insurance policies and numbers
 - Marriage license
 - Valuable jewelry
 - Important telephone numbers
- Hide bag with extra clothes
- Talk to the children

PERSONAL SAFETY STRATEGIES: