

## 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

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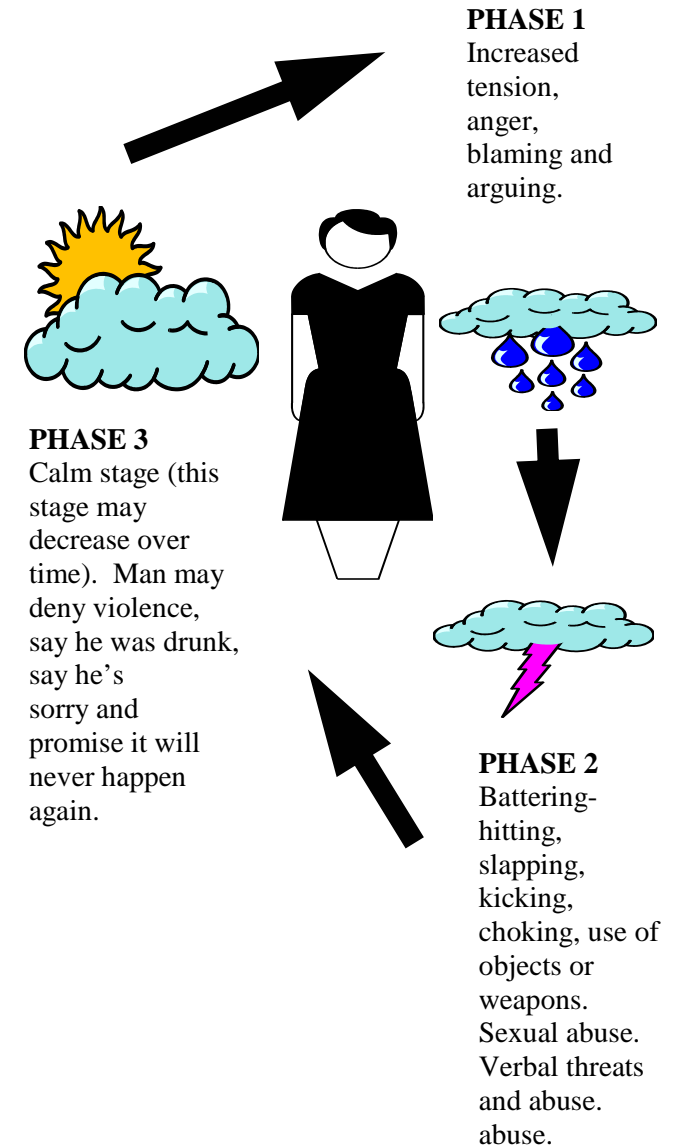
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IF  
 YOU ARE  
 ABUSED OR  
 WORRIED ABOUT  
 BEING ABUSED,  
 FIND SOMEONE  
 YOU CAN TALK TO.  
 KEEPING THE ABUSE  
 A SECRET ONLY  
 PROTECTS THE ABUSER.

**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:**