

Domestic Violence. Local Resources

No one has the right to harm you. There is help...you are not alone, even though it often feels exactly like you are alone...and scared.

What is Domestic Violence?

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

Many do not realize they are being abused. They may feel helpless, ashamed, or too scared of their abuser to get help. The first step is recognizing the signs and signals of abuse.

Has your spouse, partner, or relative done any of these things:

- physically injured you in any way?
- threatened to hurt you, him/herself, your children, or others?
- controlled where you go or who you can see?
- touched or threatened to touch you sexually in a way you didn't like or allow?
- repeatedly humiliated you or put you down?
- harmed or threatened to harm your pet?
- destroyed property in a way that made you fear for your safety or the safety of others?
- held you somewhere against your will?

If you can answer yes to any of these questions, you may be in a domestic violence situation. **YOU ARE NOT ALONE.**

Domestic violence affects people in every community regardless of income, race, ethnicity, marital status, age, gender, physical ability, or sexual orientation.

It is important to know that abuse often becomes more severe and frequent over time. Batterers do not change on their own.

GET SUPPORT.....LEARN ABOUT YOUR OPTIONS

If you are a victim of domestic violence, now is the time to protect yourself and those who count on you for safety.

24 hour crisis hotlines are there to help you with

- ◆ Telephone translation services for non-English speakers
- ◆ Temporary emergency shelter for victims and their children
- ◆ Counseling for victims, abusers, and children
- ◆ Legal information and court accompaniment
- ◆ Referrals to legal, medical, financial, housing and employment services

National Domestic Violence Hotline 1-800-799-7233

MNADV Statewide Helpline 1-800-MD-HELPS (1-800-634-3577)

MARYLAND NETWORK AGAINST DOMESTIC VIOLENCE

www.mnadv.org

6911 Laurel Bowie Road, Suite 309 Bowie, Maryland 20715

301-352-4574 Fax: 301-809-0422

e-mail: info@mnadv.org

HOUSE OF RUTH

[House of Ruth Maryland \(Legal and Counseling Services\)*](http://www.hruth.org)

www.hruth.org

The House of Ruth Maryland is one of the nation's leading intimate partner violence centers, helping thousands

of battered women and their children find the safety and security that so many of us take for granted.

- **24-Hour Hotline:** (410) 889-7884 (RUTH)
- **Línea en Español:** (410) 889-7884 (Oprima 8)
- **Hotline Office:** (410) 554-8442

COUNSELING, OUTREACH & TRAINING

- **Main Office:** (410) 554-8467
- *(to schedule an appointment please call the main Administration number)*
- **Prince George's County Office:** (240) 450-3270, ext. 108
- **Training & Speaking Requests:** (410) 261-3025

- **Domestically Violent Women:** (410) 554-8467

DOMESTIC VIOLENCE LEGAL CLINIC

- **Toll-Free Legal Hotline:** 1-888-880-7884
- **Main Office:** (410) 554-8463
- **Baltimore District Court Office:** (410) 235-6370
- **Hyattsville Courthouse:** (301) 298-4219
- **Upper Marlboro Courthouse Office:** (301) 952-4303
- **Montgomery County Office:** (240) 777-9077
- **Silver Spring Courthouse:** (301) 563-8578

Montgomery County

- **24 Hour Crisis Center** provides telephone and walk-in services. Click on [24 Crisis Center](#) to link directly to the site
- **Phone:** 240-777-4000
- **TTY:** 240-777-4815

- [Abused Persons Program](#)*

Click on [Abused Persons Program](#) to link directly to the site
1301 Piccard Drive, 1st FL, Ste. 1400

Rockville, MD 20850

- **Hotline:** 240-777-2272 or 800-752-0191
- **Office:** 240-777-4210
- **TTY:** 240-777-4850

Prince George's County

- [Family Crisis Center of Prince George's County, Inc.](#)
www.familycrisiscenter-pgco.org

3601 Taylor Street

Brentwood, MD 20722

- **24 Hour HOTLINE:** 301-731-1203
- **For Non-Emergency Support or Information Call:** 301-779-2100

You don't deserve to be abused. There is help.

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10801 LOCKWOOD DR, # 310 / 320 SILVER SPRING, MD 20901 301.681.3400 P 301.681.7982 F

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