

Counseling Available:

House Of Ruth Maryland
Baltimore City • 410-889-0840

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House Of Ruth Maryland
Prince George's County • 240-450-3270



HOUSE OF RUTH
MARYLAND

24-Hour Hotline • 410-889-RUTH (7884)
hruth.org • youloveyoulovenot.com



House Of Ruth Maryland Legal Clinics (8:30 a.m. – 4:30 p.m.)

Baltimore City District Court
1400 E. North Avenue
Baltimore, MD 21213
410-235-6370

The Family Justice Center in Montgomery County
600 Jefferson Street, Suite 500
Rockville, MD 20852
240-773-0418/0419

Hyattsville District Court
4990 Rhode Island Avenue
Hyattsville, MD 20781
301-985-3588

Montgomery County Circuit Court
50 Maryland Avenue, Room 307
Rockville, MD 20850
240-777-9077/9078/9038

Silver Spring District Court
8552 Second Avenue, Room 232
Silver Spring, MD 20910
301-563-8577/8578

Upper Marlboro District & Circuit Court
14735 Main Street, Room M1440
Upper Marlboro, MD 20772
301-952-4303

House Of Ruth Maryland Domestic Violence Legal Clinic
2201 Argonne Drive
Baltimore, MD 21218
410-554-8463
Toll-free: 888-880-7884

Whether you decide to leave a violent relationship or stay, having a safety plan in place could save your life

For Your Physical Safety

- Weapons or remove yourself there are weapons.
- Friends, family and co-workers about going on. Come up with a code phrase and give them permission you and agree on steps to take if it responsive or if you signal for use of the code.
- In your routine, change the places and bank, change the time or location pattern you use to go to return home.
- Be serious. Be aware of your mental health status and any abuse problems.

- Consider applying for a Protection Order. If you have a Protection/Peace Order, carry it with you at all times. Give a copy, with a photo of the abuser, to your children's daycare or school and to your employer.
- Pack an emergency bag with extra clothes, money, important documents, keys, and copies of prescriptions. Keep money, clothes and extra things for your children at someone else's house.
- Visualize what you will do during the escalation of an incident – where will you go? How will you get there? How will you gather your children?
- Have a set time when you check in with a friend or family member. If possible, call and if not, send a text with an established code word that means you're not safe.
- Call 911 and teach your children that it's okay to call 911.

Plan for Your Cyber Safety

- Use an answering service to screen your calls. Don't take calls from your abuser if he/she is harassing you. Save all voicemails, emails or texts that your abuser sends.
- Be careful about what sites you visit on your home computer. Be wary of spyware and other tracking applications.
- Delete social networking websites. If this is unrealistic, make sure your profile is private, delete friends you have in common, delete your abuser and be careful of what types of things you post (status, updates, photos.) Do not use mobile applications that track your whereabouts such as Foursquare.

- Most smart phones have GPS capacity; make sure GPS is turned off.
- Clear your computer's browser history if you have been on sites looking for resources. Know the privacy/safety settings for sites you commonly use. **Change all your passwords.**

Keep A Record

- Keep a journal of all incidents – physical, emotional, sexual, financial.
- Take pictures (dated) of any injuries resulting from domestic violence. If any incident involves choking (strangulation) go immediately to a hospital to check for injuries and have pictures taken.