

**Domestic Violence  
Victim Resources**

**Mercy Family Violence**

**Response Program**

**410-332-9470**

**Mercy Supportive**

**Housing Program**

**410-332-9819**

**House of Ruth:**

**Hotline 410-889-RUTH**

**Shelter 410-889-7884**

**Counseling Services**

**410-889-0840**

**Legal Help**

**410-554-8463**

**NO ONE  
DESERVES  
TO BE  
ABUSED.**

**Make your  
home safe  
for yourself  
and your  
children.**

**HELP IS  
AVAILABLE.**

**Make  
Your  
Home  
Safe**

**Getting away  
from domestic  
violence**

**Mercy Medical Center's  
Family Violence  
Response Program &  
Supportive Housing  
Program Outreach**

## **Domestic Violence...**

**...is a pattern of abuse in which one partner tries to control the other by:**

**Emotional abuse,**

**Economic abuse,**

**Isolation,**

**Threats,**

**Sexual abuse, and/or**

**Physical abuse.**

**The pattern runs in a cycle that get worse over time. Victims easily get trapped - but help is available.**

**Domestic violence affects people of every race, age, status and gender. Most victims are women; many report that the abuse began when they were pregnant.**

**Violence between adult partners also affects children, even if they do not hear or see the violence directly.**

**There are many emotional barriers that victims face in trying to leave an abusive partner. If you are trapped in a relationship that is violent, remember it is not your fault, but an abusive partner may try to make you think it is. You may try to change him. You may feel guilty for not believing his promises to change...again.**

**Women face other barriers to leaving. Lack of independent housing and finances are real problems. Many victims face homelessness if they leave. Yet, your safety comes first. You can take steps to make a safe home for yourself and your children.**

## **Safety Planning**

**While with an abusive partner...**

- **Talk to someone you trust. Call a hotline for referrals.**
- **Keep a hidden bag packed with important papers, keys, medicines, money, personal items and clothes.**
- **Plan ways of escape.**
- **Open your own bank account.**
- **Call 911 if you need help during an incident. Teach your children to call for help.**
- **Document abuse with police, service providers or health care providers. Take photos of injuries.**
- **Talk to a legal advocate about pressing charges or filing for a Protective Order.**

**Once you are safe...**

- **Keep a copy of your Protective Order with you. File it with the Security Department at work or school.**
- **Carry a cell phone (some programs offer free plans with 911 access only).**
- **Change your locks, if necessary.**