

OPTIONS

It is normal to have a hard time deciding what to do when you're in an abusive relationship. You are not alone. There is help.

Staying in the relationship

If you stay, where can you find support and safety?

Planning to leave

With time and support, you can make a plan to leave.

Leaving the relationship

A new life is possible, even if it is hard to imagine.

No matter what you decide, you can build your support system and find ways to be safer.

**1-800-MD-HELPS
(1-800-634-3577)**

WWW.MNADV.ORG


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Maryland Helpline

1-800-MD-HELPS (1-800-634-3577)

Confidential 24/7 Hotlines in Maryland by County

Allegany	(301) 759-9244
Anne Arundel.....	(410) 222-6800
Baltimore City.....	(410) 889-7884
Baltimore.....	(410) 828-6390
Calvert	(410) 535-1121
Carroll.....	(443) 865-8031
Caroline, Kent, Dorchester, Queen Anne's, & Talbot.....	(800) 927-4673
Cecil.....	(410) 996-0333
Charles.....	(301) 645-3336
Frederick.....	(301) 662-8800
Garrett	(301) 334-9000
Harford	(410) 836-8430
Howard.....	(410) 997-2272
Montgomery.....	(240) 777-4000
Prince George's.....	(301) 731-1203
St. Mary's.....	(301) 863-6661
Somerset, Wicomico, & Worcester.....	(410) 749-4357
Washington.....	(301) 739-8975



**Relationships
Shouldn't
Hurt**

KNOW THE FACTS:

- Domestic violence includes a broad range of abusive behaviors.
- You don't have to be hit to be abused.
- Abuse can be verbal, emotional, psychological, and/or sexual.
- Abusive behaviors are oppressive, coercive, and controlling.
- Anyone can be a victim.
- Everyone deserves to be safe from domestic violence.

YOU ARE NOT ALONE.

NO ONE DESERVES TO BE ABUSED.

ARE YOU DATING OR LIVING WITH SOMEONE WHO:

- Is jealous and possessive, doesn't like you being with your friends, checks up on you, won't accept breaking up?
- Is scary? You worry about how this person will react to things you say or do. This person threatens you, uses or owns weapons.
- Has hit, pushed, choked, restrained, kicked, or otherwise physically abused you?
- Blames you for provoking or causing the abuse.
- Uses your credit cards without permission, controls your money?

IF YOU HAVE A FRIEND WHO IS BEING ABUSED:

- Don't ignore it.
- Let your friend know privately that you're aware of the abusive situation.
- Be there as a friend.
- Be a good listener.
- Offer your friend support, the space to express hurt, anger, and fear and allow him/her to make their own decisions.
- Let your friend know that they're not responsible for the abuse and that they do not deserve it.
- Tell your friend about available resources.