

HEALING is POSSIBLE

- Contact a Domestic Violence or Sexual Assault Program
- Get more information
- Find counseling
- Improve your safety
- Talk to a doctor or nurse
- Seek legal assistance
- Talk with friends or family
- Seek a support group
- Practice self-care
- Realize you are not alone or to blame
- Forgive yourself
- Meditate or pray
- Express your emotions through art, writing or music
- Be kind to yourself

**IF YOU ARE IN
DANGER NOW: CALL 911**

IF YOU NEED HELP

getting away from an abusive situation or to heal from past abuse,

CALL A HELPLINE:

RAINN

Rape Abuse Incest National Network
24/7 Hotline: 1-800-656-HOPE (4673)
www.rainn.org

National Domestic Violence Hotline

1-800-799-SAFE (7233)
www.thehotline.org

Maryland Network Against Domestic Violence

(to refer you to local resources)
1-800-MD-HELPS (352-4574)
www.mnadv.org

Maryland Coalition Against Sexual Assault

(to refer you to local resources)
1-800-983-RAPE (7273)
www.mcasa.org

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Maryland Health Care Coalition Against Domestic Violence

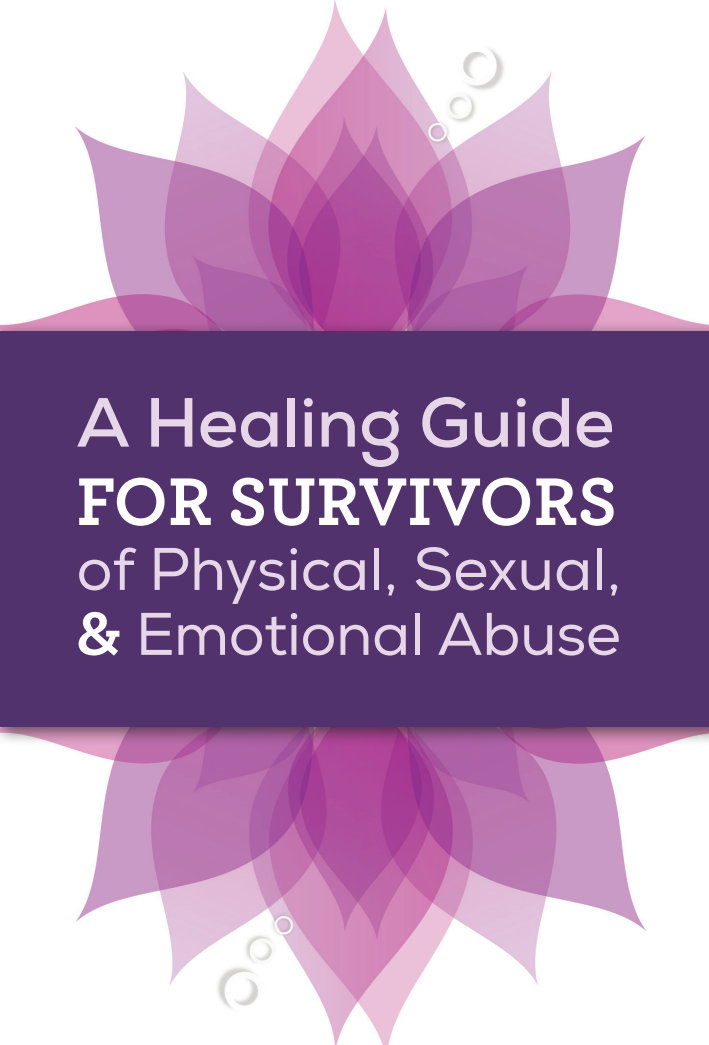
Center for a Healthy Maryland/
MedChi, the Maryland State Medical Society
1211 Cathedral Street
Baltimore, MD 21201

410-539-0872
dvcoalition@medchi.org
www.HealthandDV.org

*Printed materials made possible through a grant from
the Herbert Bearman Foundation.*

9/19

If you have ever
been abused ...



A Healing Guide FOR SURVIVORS of Physical, Sexual, & Emotional Abuse



Maryland Health
Care Coalition
Against Domestic
Violence

MedChi
The Maryland State Medical Society
Center for a Healthy Maryland

EFFECTS OF RECENT OR PAST ABUSE MAY AFFECT YOUR HEALTH

If you have been physically, sexually, emotionally, or verbally abused, or if you witnessed trauma as a child, you may suffer from mental and/or physical pain or symptoms, even years later.

What's worse, you may feel that you are responsible for the abuse or blame yourself for not being able to prevent it. Abuse doesn't have to be recent to hurt you. Sometimes you may not even remember the abuse because you may have been too young or have blocked the memory.

THE FIRST STEP IN HEALING IS UNDERSTANDING. HELP IS AVAILABLE.

IF YOU HAVE BEEN:

- Hurt, hit, pushed, burned, kicked, bitten, or strangled
- Forced to engage in sexual activity without your consent or before you were old enough to consent
- Hurt or threatened by your loved ones if you told about the abuse
- Made to feel bad, guilty, or worthless

YOU ARE NOT ALONE!

NEARLY TWO-THIRDS of American adults report experiencing abuse, neglect or other significant adverse experiences in childhood.

(CDC, Behavioral Risk Factor Surveillance System Survey 2009-2018)

ADVERSE CHILDHOOD EXPERIENCES

have a profound effect on adult health.

(CDC, Adverse Childhood Experiences Study, 2003)

NEARLY ONE IN FOUR WOMEN and **ONE IN SEVEN MEN** in the U.S. reports experiencing violence by a current or former spouse or dating partner at some point in their life.

(CDC, 2010)

POSSIBLE EFFECTS OF ABUSE

HEALTH ISSUES:

- Headaches
- Problems with digestion
- Sleep disorders
- Eating disorders
- Breathing problems/asthma
- Muscle pain/body aches
- Heart disease/high blood pressure
- Substance abuse
- STDs/HIV/AIDS
- Gynecological problems
- Unwanted pregnancy
- Injuries and disabilities

EMOTIONAL ISSUES:

- Low self-esteem
- Feelings of guilt
- Anxiety
- Depression
- Fear
- Isolation, withdrawal
- Dissociation, feeling numb, trouble focusing
- Suicide Attempts