

## Domestic Violence Programs in Maryland

**You are not alone.** Contact your local domestic violence program 24/7 for more information and support. Calls are free and confidential.

### ALLEGANY COUNTY

Hotline 301-759-9244  
TTY 301-759-9244

### ANNE ARUNDEL COUNTY

Hotline 410-222-6800

### BALTIMORE CITY

Hotline 410-889-7884  
TTY 410-889-0047  
Hotline 443-279-0379

### BALTIMORE COUNTY

Hotline 410-828-6390

### CALVERT COUNTY

Hotline 410-535-1121

### CARROLL COUNTY

Hotline 443-865-8031

### CAROLINE, KENT, DORCHESTER, QUEEN ANNE'S AND TALBOT COUNTIES

Hotline 1-800-927-4673

### CECIL COUNTY

Hotline 410-996-0333

### CHARLES COUNTY

Hotline 301-645-3336

### FREDERICK COUNTY

Hotline 301-662-8800  
TTY 301-662-1565

### GARRETT COUNTY

Hotline 301-334-9000

### HARFORD COUNTY

Hotline 410-836-8430

### HOWARD COUNTY

Hotline 410-997-2272

### MONTGOMERY COUNTY

Hotline 240-777-4673  
TTY 240-777-4850

### PRINCE GEORGE'S COUNTY

Hotline 301-731-1203

### ST. MARY'S COUNTY

Hotline 301-863-6661

### SOMERSET, WICOMICO & WORCESTER COUNTIES

Hotline 410-749-4357  
or 410-641-4357

### WASHINGTON COUNTY

Hotline 301-739-8975  
TTY 301-739-1012

**The following hospitals have 24/7 crisis response programs for patients:**

- Anne Arundel Medical Center/Annapolis
- University of Maryland Capital Region Health, Prince George's Hospital/Cheverly
- Greater Baltimore Medical Center/Towson
- Howard County General Hospital/Columbia
- Mercy Medical Center/Baltimore
- MedStar St. Mary's Hospital/Leonardtwn
- Northwest Hospital/Randallstown
- Sinai Hospital/Baltimore
- University of Maryland R Adams Cowley Shock Trauma Center/Baltimore
- University of Maryland Upper Chesapeake Medical Center/Bel Air & Harford Memorial Hospital/Havre De Grace

Leaving an Abuser can be Dangerous.

**PROTECT Yourself.**

**DEVELOP a Safety Plan:**

- 1 Tell your doctor or nurse what is happening. Disclosures are confidential, unless a child or vulnerable adult is involved.
- 2 Plan ways of escape in the event of a violent incident.
- 3 Take photos of your injuries and save them in a safe place.
- 4 Talk to someone you trust about the abuse.
- 5 Hide a spare set of keys, some money, extra clothes, and prescription medication. Keep copies of important papers for both you and your children. Change passwords.
- 6 Keep a charged cell phone with you at all times.
- 7 If possible, keep your finances separate. Open your own bank account.
- 8 Call 911 if you need help right away, and teach your children how to call 911.

**ABUSE IS A CRIME. THERE IS HELP!**



### DOMESTIC VIOLENCE HELP

Statewide Helpline

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

National 24/7 Hotline

**1-800-799-SAFE (7233)**

Chat Online

[www.thehotline.org](http://www.thehotline.org)



Maryland Health  
Care Coalition  
Against Domestic  
Violence

**MedChi**  
The Maryland State Medical Society

Center for a Healthy Maryland

Maryland Health Care Coalition Against Domestic Violence  
1211 Cathedral Street • Baltimore, MD 21201 • 410-539-0872  
[www.HealthandDV.org](http://www.HealthandDV.org)

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**Intimate  
Partner  
Violence &  
Your Health**

**TALK**  
to a Doctor or Nurse

# Domestic Violence Affects People of Every Gender, Race, Ethnic Group, Religion, Age, Income Level, Educational Background, Sexual Orientation and Marital Status.

## What is Domestic Violence?

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

## Does Your Partner ...

- ⦿ Constantly criticize you?
- ⦿ Control the money?
- ⦿ Have sudden mood changes?
- ⦿ Monitor activities, computer use and phone calls?
- ⦿ Keep you away from family and friends?
- ⦿ Accuse you of having affairs?
- ⦿ Destroy things you care about, like family photos or clothes?
- ⦿ Hit you, then later deny it or blame you?
- ⦿ Threaten to kill you, him/herself, loved ones or pets?
- ⦿ Force you to have sex or hurt you sexually?
- ⦿ Stop you from seeing a doctor? Take away medicines or birth control?
- ⦿ Give you gifts or apologize after the abuse occurs and promise that it will never happen again?

## Examples of Domestic Violence

### Physical Abuse

Pushing	Hurting Children
Shoving	Kicking and Tripping
Neck Grabbing	Choking (Strangling)
Using Weapons	Abusing Pets
Punching	Spitting
Slapping	Restraining

### Psychological, Emotional or Verbal Abuse

Isolation	Jealousy
Criticism	Lying
Humiliation	Possessiveness
Threats	Manipulating
Intimidation	Monitoring Calls
Harassment	Destroying Property
Stalking	Controlling Activities

### Economic Abuse

Purposely not paying bills or refusing to work.  
Refusing to give money to the partner.  
Not letting the partner work or go to school.  
Interfering with partner's job or job training.

### Sexual Abuse

Forcing unwanted sex or sexual acts

## Domestic Violence Can Make You Sick

### Abuse Can Lead to Long-term Health Problems

#### IN WAYS YOU CAN SEE ...

- Scratches, Bruises, Sprains and Cuts
- Injuries to the Breasts or Genitals
- Injuries to the Head, Neck, Chest
- Broken Bones and Teeth
- Vision and Hearing Loss
- Miscarriages or Low Birth-weight Babies
- GYN Problems

#### IN WAYS YOU CAN'T SEE ...

- Unexplained Aches and Pains
- Chronic Headaches
- Depression and Fatigue
- Anxiety, Sleep Disturbance, or Panic Attacks
- Frequent Stomach Aches or Chest Pain
- Abuse of Pain Medications
- Addiction to Drugs or Alcohol
- Attempted Suicide

### TELL YOUR DOCTOR OR NURSE WHAT IS HAPPENING TO YOU.

## STATS

Domestic Violence is Serious, Widespread, and Sometimes ... Deadly.

1 in 4 women, and 1 in 7 men have experienced severe physical abuse by an intimate partner in their lifetime. Abuse may begin in adolescence. (CDC)

More than half of men who abuse their female partners also abuse their children.

While IPV may impact anyone, it is more likely to impact racial/ethnic and sexual minority groups, as well as people with a disability.

A woman is more likely to be assaulted, injured, raped or killed by her male partner than by a stranger.

23% of pregnant women seeking prenatal care have been abused, often causing miscarriages and low birth-weight babies.

52% of female murder victims are killed by their male partners.