



Help While Living With An Abuser

Home is not safe for everyone. While we are concerned with your safety if you choose to stay in an abusive relationship, we want you to know that we have information and services to help you if you need to stay.

Leaving an abusive partner, especially one you love, can be difficult. The choice to leave or stay is yours to make, and Mid-Shore Council on Family Violence is here to help you either way. If you are not ready to leave, or cannot leave safely, there are some things we encourage you to do to increase your safety.



**STOP!
DOMESTIC
VIOLENCE**



- 1. Contact us at 1-800-927-4673 anytime or through our chat feature on this website.** You are not alone. We can help you with every step.
- 2. Tell someone you trust about what is happening.** This could be a friend, family member, co-worker, neighbor... Let them become the start of your support network.
- 3. Document what is happening.** Record what happened, where, when, what was said, who witnessed it, the result of the abuse, and add any available photos, medical records, or police reports. [The National Domestic Violence Hotline](#) site has valuable information on how to document abuse. It's important to also document any technology abuse you may be experiencing.
- 4. Create a Safety Plan, a plan created just for you that includes ways to remain safer while in a relationship, planning to leave, or after you leave.** There are many things that can be included in this plan, but don't get overwhelmed. Here are some things to think about when creating your plan, including if your plan is to stay in the relationship.

- Find a safe spot in your home with limited access to items that can hurt you and there is more than one way to escape. If you sense violence is going to happen and you can't get out, go to this space.
- If possible, always carry your phone with you, and make sure you know how to use it to call for help. Know how to use the emergency features programmed into smartphones, and make sure you have the phone number for your safety plan contact ready to call –maybe save them as a favorite or a shortcut). Hide a list of phone numbers you'll need in case you don't have your phone.
- Know Your Rights. Today, victims of abuse have more rights than ever before and MSCFV has the services and programs to empower victims to express their Rights.



**You are not alone.
Please contact us
anytime to help you
along your journey.**

**1-800-927-4673 or
our online chat.**



MID-SHORE COUNCIL ON FAMILY VIOLENCE
**Chesapeake Crisis to
Self-Sufficiency Model[®]**