



what can you do?

- Call the police (911) if you feel you are in danger.
- Keep a journal of every incident of abuse.
- Have your injuries photographed.
- Get copies of medical or police records that document abuse.

HopeWorks of Howard County

HopeWorks of Howard County works to eliminate sexual and domestic violence in the county by providing shelter, counseling and advocacy, increasing community awareness, and changing societal attitudes.

We are committed to serving people in a manner that does not discriminate on the basis of gender, ethnicity, race, age, immigration and citizenship status, sexual orientation, gender identity or expression, economic status, religion, health status, including illnesses, diseases, risk conditions, or disability.

All services are confidential and fees are based on income. No one is turned away because of an inability to pay.

LOVE  **TO HURT**
ISN'T SUPPOSED

Does your partner...

- Criticize and degrade you?
- Act very jealous and possessive?
- Isolate you from your family and friends?
- Force you to engage in sexual acts?
- Control your finances?
- Threaten to hurt you or your children?
- Become violent and then blame you?
- Place hands or objects on your neck?

If you answered **YES** to any of these questions and would like to speak to someone, call our 24-Hour Helpline at 410-997-2272.

If you or someone you know needs help or is experiencing an emotional crisis, call one of these 24-Hour Helplines —

HopeWorks 24-Hour Helpline:
 (410) 997- 2272

24-Hour National Sexual Assault Helpline:
 1-800-656-4673

If you or someone you know is NOT in immediate danger, call the HopeWorks office at (410) 997 - 0304 for more information or to schedule an appointment.

POLICE EMERGENCY:
 911
POLICE NON-EMERGENCY:
 410-313-2200



LOVE  **TO HURT**
ISN'T SUPPOSED

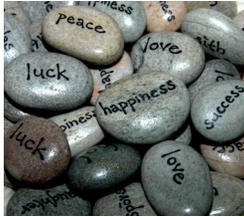


The County's Sexual Assault and Domestic Violence Center
 HopeWorks of Howard County Inc.
 Suite 300
 9770 Patuxent Woods Drive
 Columbia, MD 21046
 (410) 997 - 0304

hopeworksofhc.org

love isn't supposed to hurt

Domestic and dating violence is a pattern of damaging and intimidating behaviors that include physical, emotional, financial, verbal, and/or sexual assaults against an intimate or romantic partner.



These behaviors can be carried out by someone who is, was, or wishes to be involved with you.

This kind of violence can happen to an adult or teen and is known by many names including partner abuse, dating violence and battering.

All of these forms of intimate partner violence (IPV) involve abusive behaviors that are used to establish control over someone else.

It's important to know that the abuse almost always becomes more severe and more frequent over time.

Domestic and dating violence victims can be of any age, culture, education, employment, marital status, race, religion, or sexual orientation.

Although both men and women can be abused, most victims are women.



HopeWorks provides confidential assistance to hundreds of individuals and families every year.

Services & Programs

- Safe Shelter and Transitional Housing
- Advocacy Services
- Anti-Trafficking Services
- Counseling for women, children and men
- Legal Assistance
- Free Community Education Programs
- Court and Hospital Accompaniment
- Photography of injuries
- Childcare during counseling sessions
- Referrals to other community services
- Workshops for individuals not in crisis
- Pet Safe Program



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help is available

Peace or Protective Orders

For information on how to protect you and your children contact our Legal Department at (410) 997-0304.

Safety Planning Considerations

- Know and decide that if you need to call 911 for safety you will.
- Call HopeWorks for an appointment
- If you have a Peace or Protective Order, keep it on you at all times and give a copy to the Police Department and places you visit. Also, inform others that you have this order.
- Follow your instincts.
- Are your modes of communication safe? Do you use a cell phone? Could your abuser have activated GPS? Does your abuser have passwords to your electronic devices?

Plan Ahead

Keep a getaway bag in a safe place (such as a friend's house) with the following items:

- Clothing for yourself and your children
- Birth Certificates, social security cards, green cards, passports, medical records, partner's pay stubs
- Medication
- Extra money, checks, credit cards, bank account and insurance information
- Documentation of abuse from the hospital, doctor, court, or police if you have it.