# Family Safety Resources

If you feel unsafe or believe your child may be unsafe in your current living situation, trust your instincts. Get yourself to a safe place and reach out for help.

## Warning signs of abuse can be found here.

- Abuse can happen to anyone. If someone you love is hurting you, it's NOT your fault!
- Abuse is not always hitting, pushing, or grabbing. Telling you that you are stupid or worthless, threatening you, controlling your finances, nonconsensual sex, and limiting your interactions with others are all forms of abuse.
- Abuse doesn't only happen between men and women, or in heterosexual relationships. Anyone of any gender can be abused by anyone of any gender.

## Make Your Personalized Safety Plan

- If you have a therapist, he/she/they can help.
- In Maryland, search for services and resources to help you get to safety here.
- In DC, find resources to help you get to safety here.

## Know Where to Get Help

- **In Montgomery County the Family Justice Center** offers free support services for families experiencing violence or abuse.
- **In Maryland, dial 211** to learn about family supports and violence prevention resources.
- **In DC**, call the Domestic Violence Unit at (202) 727-7137 or go to 441 4th St. NW
- **The National Domestic Violence Hotline accepts calls at** 800-799-7233. You can also text "START" to 88788 or chat live on their website.