

CECIL COUNTY DOMESTIC VIOLENCE RAPE CRISIS SERVICES

IMPORTANT PHONE NUMBERS

TO SEEK A PROTECTIVE ORDER:
District Court, 170 E. Main St., Elkton, MD
410-996-2700

- 24 hour Helpline:
(410)996-0333
- Safe Shelter for victims of domestic violence and their dependent children
- Support Groups for survivors of domestic violence and sexual assault
- Individual Counseling
- Children's Programs
- Safety Planning
- Information and Referral
- Victim Advocacy: Court and Hospital Accompaniment
- Legal Consultation/Protection Orders
- Community Education

For assistance in filing Protective Order
Mobile Crisis Hotline
Police/Emergency

911

Ambulance

Cecil Co. Sheriff's Office

Elkton Police

North East Police

Rising Sun Police

Perryville Police

State Police

North East Barrack

JFK Barrack

Cecil County Health Dept.

Cecil County Health Dept.

Drug and Alcohol

Court Commissioner

Dept. of Social Services

Child Protective Services

Housing

MD Criminal Injuries Compensation Board

1-888-679-9347

State's Attorney's Office

Union Hospital/Emergency Room

Upper Bay Counseling Services

410-996-5104

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Violence Can Happen To Anyone



**The Bridge
Cecil County Domestic
Violence Rape Crisis Center**

**Hotline: (410) 996-0333
Website: cecilhelp4u.com**

YOU ARE A VICTIM IF:

- You are blamed for provoking your partner's abusive behavior.
- You live in fear that you will be abused if you express your feelings and opinions, or disagree with your partner.
- Your partner expresses regret and promises it will never happen again.
- You feel you must meet all of your partner's demands to avoid being abused.
- Your children are afraid for you.

THE EFFECTS OF VIOLENCE

The Victim:

- may not think of her/him self as a victim
- often suffers injuries that affect her/his health
- and may cause long-term disabilities.
- may suffer emotional effects that can be as devastating as physical harm.
- may suffer employment problems.

The Family Pets:

- Your children are afraid for you.
- Your partner expresses regret and promises it will never happen again.
- You feel you must meet all of your partner's demands to avoid being abused.
- Your children are afraid for you.

The Children:

- frequently suffer birth defects, physical damage, emotional and/or psychological problems because their mother was abused while pregnant.
- who witness domestic violence almost always experience emotional harm.
- suffer more physical illness, school and peer problems than other children.
- are at a greater risk for child abuse.
- are at a greater risk for alcohol and drug abuse, and to commit violent, sexual assault crimes, and suicide.

SAFETY PLANNING

- Plan the safest way to get away and rehearse it. Know where you are going and the safest route. Plan with your children where they will go for help.
- Keep charge cards, prescriptions, school records, legal documents (deed, mortgage, lease), identification (birth certificates, health cards, social security cards, driver's license, marriage certificate, immigration/citizenship papers, passports) in a safe place where you can get to them in an emergency.
- Give someone you trust a spare set of keys, a set of clothes for you and your children, and some money.
- Arrange a distress signal with a neighbor.
- Seek medical attention, if you are injured, and call the police.

OBTAINING LEGAL PROTECTION

During regular court operation, victims can obtain a temporary protective order at District (170 E. Main St.) or Circuit (129 E. Main St.) Courts. Victims may also seek an interim order from the District Court Commissioner when the courts are not in session (evenings, weekends, holidays). Orders are valid as soon as they are served by a police officer.

The Abuser:

- has low self-esteem and uses abuse as a means of control.
- may not be violent with anyone else but the partner.

- Consider and plan for the safety and well-being of your pets. **Do NOT** leave pets with the abuser. Either take your pets with you (we can arrange for temporary shelter) or arrange for a trusted friend or relative to take them temporarily.