

## When a person discloses domestic violence

### Remember:

- Never counsel a victim and abuser together.
- Never go to the scene of an incident in progress.
- Assist the person to get medical, legal or social services.
- Listen. She/he needs the affirmation of listening.
- Allow the person to make their own decisions.
- Be cautious about giving advice.
- Be patient: the first disclosure may be confused or partial.
- Look for and appreciate the inner strength of each person.

### What you can say:

I believe you.

You are not alone.

You have good reason to be afraid.

What do you see as the next step?

What can we do to help you right now?

### Do not say:

This is God's will.

We all have burdens.

You must forgive and  
take your partner back.

### If there is an immediate threat of violence call 9-1-1!

If the violence occurred in the past, ask the individual if the police have been called, if she/he would like to contact police or file for a protective order. If the person doesn't want to contact the police or obtain a protective order, respect that choice. Survivors know their situation best.

### Assess safety

Many people suffer psychological, emotional, and economic abuse and need counseling and support. Individuals living with intimate partner abuse may not realize that some situations are very dangerous. Guns, threats of murder or suicide, a recent or planned separation indicate high risk for lethal violence. Connect her/him to:

**The National Domestic Violence hotline:**  
**1 (800) 799-SAFE (7233)**



## Calvert County

**Domestic Violence Prevention Resources**  
**in the Catholic Archdiocese of Washington, D.C.**  
**National Domestic Violence Hotline 1 (800) 799-7233**  
1 (800) 787-3224 (TTY for Hearing Impaired)  
Website: <http://www.thehotline.org/>

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### **Calvert Center for Change (410) 535-5400 x 384**

The Center provides crisis assessment, counseling, and access to shelter. Family counseling for adults and adolescents who have suffered domestic abuse.

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### **Southern MD Center for Family Advocacy (301) 373-4141**

The Center provides domestic violence counseling, shelter, and advocates or free legal representation in court when possible.

- Advocates in each district courthouse in Southern Maryland
- Safety planning and legal consultation
- Legal representation in protective order cases
- Transportation assistance
- Emergency shelter up to three nights, children and pets welcome.

Protective orders/legal inquiries call:

Calvert County (240) 925 8549

Charles County (240) 925 8535

St. Mary County (240) 925 8550

Anger management, general inquiries (240) 925 8753

Sexual Assault (240) 925-8711

Crisis Hotline (240) 925-0084 (operates 24/7)

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**For life threatening emergencies – Encourage the family to call 911.**

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**Adult Protective Services, elder abuse (800) 917-7383**  
**Child Protective Services, child abuse (800) 917-7383**  
**National Dating Abuse Helpline (Love is Respect) (866) 331-9474**  
**National Domestic Violence Hotline (800) 799-7233**

For more information: [www.catholiccharitiesdc.org/familypeace](http://www.catholiccharitiesdc.org/familypeace)  
Contact Catholic Charities: [Laura.YeomansDV@CC-DC.org](mailto:Laura.YeomansDV@CC-DC.org)

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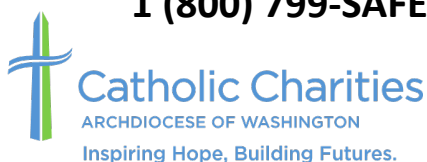
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