



Due to the **COVID-19** restrictions, "social distancing" may increase situations of domestic violence.

# ALERT!

Keeping domestic violence offenders unemployed or idle with access to alcoholic beverages may increase the chances of family violence.

In addition to family members, the elderly, minors, and members of the LGBTQ community are also at an increased risk of victimization.

## Where can I get help?

- Police.....911
- Abused Persons Program (APP) .....240-777-4210
- Crisis Center 24/7.....240-777-4673 (HOPE)

[www.vasap.org](http://www.vasap.org)



Montgomery County  
Department of Health and Human Services  
Trauma Services  
1301 Piccard Drive  
Rockville, Maryland 20850

## What can I do?

### CREATE A PLAN!

- ✓ Identify places you can go in case of an emergency such as the police station or the home of a family member or friend.
- ✓ Notify your children and friends of an emergency code word or phrase for when you need help.
- ✓ Have a bag ready with copies of important documents and bank account numbers.
- ✓ Contact social media with "caution" to request help.
- ✓ Keep kitchen knives and firearms in places where they are not accessible.
- ✓ Teach minors not to open the door for the aggressor.
- ✓ Avoid altercations or arguments in closed rooms and in the kitchen.
- ✓ Keep your hair tied in a bun to prevent it being pulled.
- ✓ Keep your family entertained with movies and televised sports programs.
- ✓ Keep calm: Practice deep breathing.
- ✓ If your partner tends to overindulge in alcoholic beverages, try giving him/her water to lessen the effect of alcohol.
- ✓ Teach your children a plan of escape and safety.