

# SURVIVORS



## Helpful Tips

- **Stay connected with family and friends.** Creating a routine of checking in with loved ones provides consistent, supportive interactions. Encourage them to also check in with you.
- **Create a safety plan.** If possible, make a contingency plan if your situation becomes dangerous so you can safely exit the situation.
- **Don't forget about self-care.** Even in these difficult times, getting enough sleep, eating right, and doing activities you enjoy are both comforting and necessary.
- **Get help if you need it.** Keep contact information of loved ones or local agencies that can help if there is an emergency.
- **Be an ally.** If know a survivor, check in on them, listen without judgement, and share resources for additional support.

## Resources for Consideration

- **House of Ruth Maryland:** For those experiencing intimate partner violence, call their 24/7 hotline at 410-889-7884 or visit their [website](#).
- **RAINN:** Offers confidential support for survivors of sexual assault. Find resources on their website or call 800-656-HOPE (4673)
- **National Sexual Violence Resource Center:** Whatever your situation, find a variety of different resources on their [Resources for COVID-19 Response](#) webpage.
- **Greater Baltimore Medical Center:** The [SAFE \(Sexual Assault Forensic Examination\) Program](#) includes legal services, sexual exploitation and human trafficking resources, and comprehensive services on the web.