

**SARC's Free Services  
Include:**

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Information and Referrals

24 Hour Helpline

Counseling

Legal Representation

Emergency Shelter

Case Management

Hospital Companion

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*learn more information at:*  
**[www.sarc-maryland.org](http://www.sarc-maryland.org)**

SARC, Inc.  
PO Box 1207  
Bel Air, MD 21014  
Phone: 410-836-8431  
[www.sarc-maryland.org](http://www.sarc-maryland.org)

24 Hour Helpline: 410-836-8430

**Workplace Giving Numbers**

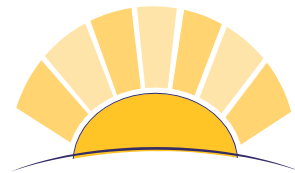
United Way: 500

Combined Federal Campaign: 22909

Maryland Charity Campaign: 521224705

*"We are a lifeline for victims and survivors of  
domestic violence, sexual violence, and  
stalking by providing safe haven, advocacy,  
resources, and hope in Harford County."*

**BREAK FREE FROM  
THE VIOLENCE IN  
YOUR RELATIONSHIP**



**SARC**

Coming Together  
to End Abuse

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24-Hour Helpline:  
**410-836-8430**

## There is help. There is hope.

### Tell Someone

Tell a friend, co-worker, neighbor, or family member what is happening. Call SARC at 410-836-8430 to speak with a Crisis Consultant. Counseling services are available for victims of domestic and sexual violence, stalking, child abuse, teen dating abuse, sex trafficking, children who witness domestic violence, and perpetrators of domestic violence.

### Know Your Legal Options

Domestic violence, sexual violence, and stalking are crimes. You may be eligible to seek protection through criminal charges or protective orders. To learn more about your legal options, contact SARC to speak to a representative from the legal department.

## CREATE A SAFETY PLAN

- Your safety and the safety of your children are important.
- If you are afraid of being attacked, go to a safe place.
- Keep a car key and money hidden in case you have to leave in a hurry.
- Gather or copy important documents (birth certificate, health insurance, credit cards, etc.), phone numbers, medication, and place them in a safe place (your office, a neighbor's, at a friend or family member's, etc.)
- Identify a safe area of the house where there are no weapons and there are ways to escape.

- If you are being attacked or are afraid of being harmed call 911.
- Ask neighbors to call 911 if they hear a disturbance or make a signal for help such as a shade pulled down or two rings on the phone.
- Call our helpline and ask about our confidentially located Safehouse if you are not safe to remain at home.

### SARC Can Help

You can call SARC's 24 Hour confidential Helpline at 410-836-8430

We provide safe haven, advocacy, resources, and hope.

**YOU ARE NOT ALONE**