## Do You Need Help During COVID-19?

### Domestic Violence

- Are you experiencing physical, emotional, and/or verbal abuse?
- Is the abuse escalating - becoming more frequent or more violent?
- COVID-19 is not an excuse for abuse.

Mid-Shore Council on Family Violence is Open for Business 24/7/365

You are not alone. Call us at 1-800-927-4673 or Chat with us at www.mscfv.org

**CALL 1-800-927-4673 TO TAKE THE NEXT STEP TO A SAFER LIFE**

### Mental Health Crisis & Sexual Assault

- Are you or a family member experiencing depression, anxiety, or stress?
- Have you experienced sexual assault or rape?

For All Seasons offers mental health services to individuals (all ages), families, and couples:
- Therapy or psychiatry through telehealth or in-person appointments
- Crisis and urgent care appointments
- 24-Hour rape crisis response, counseling and support

forallseasonsinc.org | 410-822-1018

**24-HR HOTLINES**
**Sexual Assault or Mental Health Crisis:**
- English Hotline: 410-820-5600
- Spanish Hotline: 410-829-6143
- Text in English & Spanish: 410-829-6143

### Community Assistance Programs

Queen Anne’s County Department of Social Services

- Are you worried about the safety or well-being of a child in your neighborhood?
- Do you have an elderly or vulnerable neighbor who needs help?
- Do you need emergency cash assistance to pay bills or purchase food? (eligibility requirements apply)
- Do you need help with child support?

HELP IS AVAILABLE. CALL TODAY. 410-758-8000