# What to Do After Receiving a Protective Order

This checklist provides you with immediate guidance and resources after obtaining a protective order. It includes important steps to enhance your safety, address financial and housing needs, and connect with additional support.

## Ensuring Your Safety

Key actions to ensure physical and emotional safety after obtaining the order:

- Keep a copy of the protective order with you at all times.
- Share the order with trusted individuals (friends, employer, school).
- Change locks or enhance home security if needed.
- Update or create a safety plan, reach out to resources below
  - **Domesticshelters.org**
    - Steps to Safety After a PO at *https://www.domesticshelters.org/articles/safety-planning/steps-to-safety-after-a-ppo*
  - **WomensLaw.org**
    - Helpful Safety planning tips
  - **Domestic Violence Crisis Center**
    - Domestic Violence Safety planning tips at *https://www.dvccct.org/wp-content/uploads/2020/03/Domestic-Violence-Safety-Plan-DVCC-.pdf*
  - **People's Law Library of Maryland**
    - Creating a Safety Plan at *https://www.peoples-law.org/creating-safety-plan*

## Legal and Documentation

Steps to understand and enforce the protective order:

- Make sure the protective order is filed with local law enforcement.
- Learn the terms of your order and document any violations.
- Save all evidence of contact or threats.
- Notify your children's school about the protective order if it involves custody.
- Seek legal aid for custody, child support, or additional needs.
- Access free legal services for victims of domestic violence (legal advice, representation, family law matters, relocation, workplace issues, or charges)
  - **House of Ruth Maryland** at *https://hruth.org/get-help/legal-services/* or call 410-554-8463
  - **TurnAround** at *https://www.turnaroundinc.org/advocacy-and-resources/#legal-advocacy* or call 410-377-8111
  - **Women's Law Center of Maryland** at https://wlcmd.org/ or call 410-321–8761
  - https://www.allianceforhope.org

## Financial and Housing

Locate immediate resources for stability and safety:

- Contact organizations for emergency financial assistance.
- Explore housing options (temporary shelters, housing programs).
  - **Maryland Legal Housing Protections and Options for Survivors of Domestic Violence**
    - Outlines housing protections and options including lease termination, eviction defense, shelters, transitional housing, and financial aid resources.
      - Go to: *https://www.peoples-law.org/housing-protections-and-options-domestic-violence-victims*
  - **Domestic Violence Service Provider Database**
    - Lists domestic violence shelters and other providers in your county.
      - Go to *https://www.mnadv.org/get-help/domestic-violence-service-providers/*
- Notify your landlord of protective order protections, if applicable.

## Emotional and Community

Take time for self-care and build a support system:

- Create an Emotional Safety Plan
  - **Domesticshelters.org** is an excellent emotional Safety Plan Resource and steps of how to create one. Go to: *https://www.domesticshelters.org/articles/safety-planning/an-emotional-safety-plan-in-4-steps*
- Utilize Self-Care Resources for Survivors
  - **Domestic Violence Podcasts List** at: *https://www.domesticshelters.org/resources/domestic-violence-podcasts*
  - **Mobile Apps for Victims and Survivors** at: *https://www.domesticshelters.org/resources/mobile-apps-for-victims-and-survivors*
  - **National Domestic Violence Hotline** provides crisis intervention services 24/7 via call, chat or text. Go to: *https://www.thehotline.org/* **or** call 1-800-799-7233

- **Domestic Violence Service Provider Database**
  - Contact a crisis hotline or support group for survivors.
  - Seek therapy or counseling services for yourself and your children.
  - Connect with survivor networks or advocacy organizations
    - Go to *https://www.mnadv.org/get-help/domestic-violence-service-providers/*

# Resources

Referenced on the first page — listed here for easy access and quick reference.

***Safety Planning***

Domesticshelters.org – Steps to Safety After a Protective Order
https://www.domesticshelters.org/articles/safety-planning/steps-to-safety-after-a-ppo
WomensLaw.org – Helpful Safety Planning Tips
https://www.womenslaw.org
Domestic Violence Crisis Center – Domestic Violence Safety Planning Guide (PDF)
https://www.dvccct.org/wp-content/uploads/2020/03/Domestic-Violence-Safety-Plan-DVCC-.pdf
People's Law Library of Maryland – Creating a Safety Plan
https://www.peoples-law.org/creating-safety-plan

***Legal Services***

House of Ruth Maryland – Free Legal Services (family law, representation, workplace issues, criminal charges)
https://hruth.org/get-help/legal-services/ | Call: 410-554-8463
TurnAround, Inc. – Legal Advocacy and Resources
https://www.turnaroundinc.org/advocacy-and-resources/#legal-advocacy | Call: 410-377-8111
Women's Law Center of Maryland
https://wlcmd.org/ | Call: 410-321–8761
https://www.allianceforhope.org

***Financial & Housing***

People's Law Library of Maryland – Housing Protections and Options for Survivors of Domestic Violence
https://www.peoples-law.org/housing-protections-and-options-domestic-violence-victims
Maryland Network Against Domestic Violence (MNADV) – Database of Domestic Violence Shelters & Providers
https://www.mnadv.org/get-help/domestic-violence-service-providers/

***Emotional & Community***

Domesticshelters.org – Emotional Safety Plan in 4 Steps
https://www.domesticshelters.org/articles/safety-planning/an-emotional-safety-plan-in-4-steps
Domestic Violence Podcasts – Survivor & Advocacy Podcast List
https://www.domesticshelters.org/resources/domestic-violence-podcasts
Mobile Apps for Victims and Survivors
https://www.domesticshelters.org/resources/mobile-apps-for-victims-and-survivors
National Domestic Violence Hotline – 24/7 Crisis Intervention (call, chat, text)
https://www.thehotline.org/ | Call: 1-800-799-7233
Maryland Network Against Domestic Violence (MNADV) – Local Service Provider Database
https://www.mnadv.org/get-help/domestic-violence-service-providers/

**Developed by the Governor's Family Violence Council's Survivor Advisory Workgroup**
goccp.maryland.gov

**Developed October 2025**

Maryland
GOVERNOR'S OFFICE OF CRIME PREVENTION AND POLICY