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** has an emotional Safety Plan Resource and provides steps of how to create one. *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/

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goccp.maryland.gov

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