

Domestic Violence & Mental Health Resource Guide



Disclaimer

This Resource Guide has been developed by **Bee Fabulous Moments, Inc.** to provide general information and connect individuals, families, and communities with national and local resources related to domestic violence, mental health, trauma recovery, crisis intervention, and supportive services.

The organizations and resources included in this guide are provided for informational purposes only and **do not represent a complete listing of all available services or providers**. The inclusion of any organization, website, or resource does not constitute an endorsement or guarantee of its services.

This guide is **not intended to replace professional medical, mental health, legal, or emergency services**. If you or someone you know is experiencing a medical emergency, is in immediate danger, or is facing a mental health crisis, call **911** or contact the **988 Suicide & Crisis Lifeline** by calling or texting **988** for immediate assistance.

If you are experiencing domestic violence and need confidential support, contact the **National Domestic Violence Hotline** at **1-800-799-SAFE (7233)**, text **"START" to 88788**, or visit www.thehotline.org.

Because organizations, services, websites, and contact information may change over time, we encourage you to verify information directly with each organization before seeking services.

Introduction

Access to reliable resources can save lives. Whether someone is experiencing domestic violence, sexual assault, mental health challenges, trauma, or an unhealthy relationship, knowing where to turn for help can be the first step toward safety, healing, hope, and long-term wellness.

This Domestic Violence & Mental Health Resource Guide was developed to accompany the Bee Fabulous Moments, Inc. 8th Anniversary Celebration, “Real Men. Real Talk. Real Change. Healing Men. Strengthening Relationships. Saving Lives.” The guide serves as an extension of the conversations shared during our anniversary event by connecting individuals with trusted national organizations and community resources that provide support, education, advocacy, counseling, crisis intervention, and opportunities for healing.

Bee Fabulous Moments, Inc. is a nonprofit 501(c)(3) organization founded to support women and children impacted by domestic violence. Established in loving memory of Bronwyn “Bee” Greene Richards, whose life was tragically murdered as a result of domestic violence. The organization is dedicated to creating experiences that offer encouragement, comfort, and refuge while connecting survivors and their families with meaningful resources. Our vision is to raise awareness, educate communities, and inspire collective action to help eradicate this heinous crime and create a future where every individual can live free from violence.

We extend our sincere appreciation to those who supported our anniversary event and generously shared their knowledge, experiences, and community resources. Your willingness to lead courageous conversations, advocate for healthy masculinity, and stand as allies in the fight to end domestic violence, demonstrates that meaningful change happens when men and women work together to build stronger relationships and safer communities.

Special Thanks To:

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Pastor Troy R. Jones, President, 108 Community Organization

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Bridgette George, Center for Abused Persons

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We encourage you to use this guide as a resource to seek the support you or someone you know may need. We hope this guide serves as a starting point on the journey toward healing.

Thank you for allowing Bee Fabulous Moments to be part of your journey toward hope, healing, and lasting change.

Safety, Crisis & Immediate Support Resources

Organization	Services/Contact Info	Website
Immediate Danger	Call 911. If it is safe, move to a public place or trusted person.	
National Domestic Violence Hotline	1-800-799-SAFE (7233); text START to 88788; 24/7 confidential support and chat.	www.thehotline.org
Mental Health Crisis 988 Suicide & Crisis Lifeline	Call or text 988; chat online. For immediate risk of harm, call 911.	www.988lifeline.org
SAMHSA National Helpline	1-800-662-HELP (4357); free, confidential, 24/7 mental health information and referrals in English and Spanish.	www.samhsa.gov/find-help/national-helpline
211	Call 211 or connect online for local services (food, housing, utilities, crisis). Language assistance often available.	www.211.org
RAINN National Sexual Assault Hotline	800-656-HOPE (4673); chat at rainn.org/hotline ; text HOPE to 64673.	www.rainn.org
StrongHearts Native Helpline	1-844-7NATIVE (762-8483); 24/7 culturally grounded, confidential support.	www.strongheartshelpline.org

Mental Health, Trauma, Healing & Advocacy Resources

Organization	Services/Contact Info	Website
National Alliance on Mental Illness (NAMI)	Call 800-950-NAMI (6264), text NAMI to 62640, or search for local NAMI support groups.	www.nami.org
Mental Health America	Online mental health screening and connection to community resources.	www.mhanational.org
FindTreatment	Confidential SAMHSA locator for mental health and substance use treatment in the U.S. and territories.	www.findtreatment.gov
National Center on Domestic Violence, Trauma & Mental Health	Resource library, training, and survivor-defined healing tools for DV/sexual violence and mental health.	www.nationalcenterdvtraumamh.org
The Trevor Project	Free, confidential 24/7 phone, text, and chat crisis support for LGBTQ+ young people.	https://www.thetrevorproject.org
Veterans Crisis Line	Dial 988 then press 1; text 838255; chat online. Free and confidential 24/7.	www.veteranscrisisline.net
National Children's Alliance	Provide coordinated, trauma-informed services for children who have experienced abuse and their families.	www.nationalchildrensalliance.org

Domestic Violence Education, Safety Planning & Healthy Relationships

Organization	Services/Contact Info	Website
love is respect	Information on healthy relationships, dating abuse, safety, and support. Call 1-866-331-9474; text LOVEIS to 22522.	www.loveisrespect.org
National Resource Center on Domestic Violence	Safety tips, survivor help resources, prevention education, and resource collections.	www.nrcdv.org
VAWnet	Online library on domestic violence, prevention, trauma, legal issues, and specialized populations.	www.vawnet.org
National Sexual Violence Resource Center	Research, prevention tools, and organizations including love is respect and StrongHearts.	www.nsvrc.org

Anniversary Participants Connected Resources

Organization	Services/Contact Info	Website
Tony Porter, A Call To Men	Healthy manhood, gender equity, violence prevention, training, videos, and educational resources.	www.acalltomen.org
Pastor Troy R. Jones, 108 Community Organization	108 Community Organization's public team page identifies Pastor Troy R. Jones as a survivor of domestic violence and community advocate.	www.108community.org
Prince George's County Commission on Fathers, Men and Boys	County commission - mentoring, fatherhood, youth support, and community collaboration.	https://www.princegeorgescountymd.gov/boards-commissions/commission-fathers-men-and-boys
Prince George's County Sheriff - Domestic Violence Intervention	301-780-8600; Law enforcement, community DV response, DV intervention and protective order information.	www.pgsheriff.com/domesticViolenceIntervention
Center for Abused Persons (CAP)	Call 24-hour Hotline at 301-645-3336. Provides services to anyone affected by intimate partner violence, sexual assault, or childhood sexual abuse living in Charles County, Md.	www.centerforabusedpersonscharlescounty.org
StrongHearts Native Helpline	1-844-7NATIVE (762-8483); 24/7 culturally grounded, confidential support.	www.strongheartshelpline.org
My Covenant Place	Community based support organization providing support to crime victims. (301) 577-7307	www.mycovenantplace.org
A Father's Place Prince George's County, Maryland	Support fathers in their fatherhood journey. 833-PGC-DADS (833-742-3237)	www.afppgc.org
Bee Fabulous Moments, Inc.	(301) 264-8338, provide support and resources to domestic violence women and their children.	www.beefabulousmoments.org

Bee Fabulous Moments has a **Get Help** page on their website, visit them at www.beefabulousmoments.org/get-help.

Safety Plan Checklist

PERSONALIZED SAFETY PLAN

Although you may not have control over your partner's violence, you do have a choice about how to respond to him/her and how to best get yourself and your children to safety. Here are some suggestions for increasing your safety.

Safety Strategies to use Before a Violent Incident

- ☐ Create an emergency bag that includes money, clothes, important documents, and an extra set of car keys and leave it with a friend/family member or hidden space your home or at work so you can leave quickly.
- ☐ Create a code word to let your family and others know I (and my children) need help immediately.
- ☐ Teach children to call 911 for help.
- ☐ Practice the best way to leave your home by knowing what doors, windows, elevators, stairways, or fire escapes you can use in order to get out safely.
- ☐ Make arrangements to go to a family member or friend's home to escape.
- ☐ Share with a neighbor(s) you feel comfortable with about the violence and request they call the police if they hear suspicious noises coming from my home.
- ☐ Change locks from doors and windows
- ☐ Teach children how to make a collect call to you and other family members or friends in the event your abuser takes the children.
- ☐ Give people who take care of your children the names of the individuals who have permission to pick up your children and indicate your abuser is not permitted to do so. (Notify: schools, daycare, babysitter, etc.)
- ☐ Rehearse escape plan and if appropriate practice it with your children.
- ☐ Keep cell phone charged at all times and be prepared to call 911 if you encounter any problem.

Safety Strategies at Home during a Violent Incident.

- ☐ Move to a low-risk room in my home if I anticipate an argument.
- ☐ Grab my emergency bag if it is my home and leave the violent situation as soon as I can.
- ☐ Use emergency app to alert authorities of your location and obtain assistance. (Ex. Noon Light App or Circle 6)
- ☐ Seek emergency shelter within public shelter, friend or family member's home.

Safety Strategies at Work and in Public

- ☐ Inform boss, security, supervisor, and colleagues of personal situation.
- ☐ Have calls screened by a colleague.
- ☐ Take different routes when going into work.
- ☐ Use different methods of transportation whenever possible.
- ☐ Shop at different grocery stores, shopping malls, or conduct business different than your normal schedule.
- ☐ Pay attention to your surroundings at all times.

*Reference: <https://pgcfamilyjusticecenter.org/wp-content/uploads/2024/05/PERSONALIZED-SAFETY-PLAN-PDF.pdf>