



Dating Matters Resources

Local resources:

Choose Respect Montgomery
montgomerycountymd.gov/fjc/choose-respect
Montgomery County Family Justice Center
240-773-0444
600 Jefferson Plaza, Suite 500
Rockville, MD 20852

House Of Ruth Maryland
hruth.org
2201 Argonne Drive
Baltimore, MD 21218
Office: 410-889-0840
info@hruthmd.org
24-Hour Hotline: 410-889-RUTH (7884)

Help is available in every language.

Legal Hotline: 1-888-880-7884
Gateway Project: 410-554-8479
ABUSER INTERVENTION (Monday - Thursday 10am - 6pm)

TurnAround Inc.
turnaroundinc.org
info@turnaroundinc.org
401 Washington Avenue Suite 300
Towson, MD 21204
410.377.8111

2300 N. Charles Street 2nd Floor
Baltimore, MD 21201
410.837.7000

9100 Franklin Square Drive, Rm 317
Baltimore, MD 21237
410.391.2396

Jewish Coalition Against Domestic Abuse (JCADA)
jcada.org
1-877-88-JCADA (1-877-885-2232)
PO Box 2266
Rockville, MD 20847

National resources:

One Love
joinonelove.org
One Love educates young adults, consumers and behavioral health providers about healthy and unhealthy

relationships, empowering them to identify and avoid abuse, and learn how to love better.

Love is Respect

loveisrespect.org

1-866-331-9474

This website has lots of information to help prevent unhealthy and unsafe relationships, and resources to help if you or someone you know is in an unhealthy or unsafe dating relationship. It includes a 24/7 anonymous online chat with a peer advocate and a text chat - text "loveis" to 77054.

That's Not Cool

thatsnotcool.com

That's Not Cool provides tools to help teens draw a digital line about what is, or is not, okay in their relationships, with a focus on what happens on their cell phones, instant messaging, and online profiles.

A Thin Line

athinline.org

This website provides information on digital abuse, including topics like sexting, digital disrespect, and constant messaging.

The Trevor Project

thetrevorproject.org

This organization provides crisis intervention and suicide prevention services to LGBTQ pre-teens and teens. It includes an online chat with a counselor.

Half of Us

halfofus.com

This MTV website provides support and resources for a wide range of issues that teens may face, including ways to feel better if you're feeling sad, anxious, or dealing with some tough stuff.

Break the Cycle

breakthecycle.org

Break the Cycle aims to empower teens to end the cycle of domestic violence. Find links to legal resources, as well as youth leadership development and education.

Hotlines:

Love is Respect, National Dating Abuse Helpline

1-866-331-9474

Text: loveis to 22522

Chat online: loveisrespect.org

This hotline provides 24/7 support and help if you or someone you know is in an unhealthy or unsafe dating relationship, no matter how casual.

Trevor Lifeline

1-866-488-7386

This hotline provides 24/7 support and help for LGBTQ pre-teens and teens.

988 National Suicide & Crisis Lifeline

Call 988 (press 2 for Spanish, press 3 for LGBTQ+ support)

Text 988 (English only)

Chat online: 988Lifeline.org

Learn more: 988.maryland.gov

Updated 2/2023