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## Help for Friends and Family of the Abused

WHAT CAN YOU DO IF YOU SUSPECT OR KNOW THAT A FRIEND OR FAMILY MEMBER IS IN AN ABUSIVE RELATIONSHIP? THE NATIONAL DOMESTIC VIOLENCE HOTLINE OFFERS THESE TIPS.

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Don't be afraid to reach out to a friend who you think needs help. Tell her you're concerned for her safety and want to help.

Be supportive and listen patiently. Acknowledge her feelings and be respectful of her decisions.

Help your friend recognize that the abuse is not normal and is not her fault. Everyone deserves a healthy, nonviolent relationship.

Focus on your friend or family member, not the abusive partner. Even if your loved one stays with her partner, it's important she still feels comfortable talking to you about it.

Connect your friend to resources in the community that can give her information and guidance.

Help your friend develop a safety plan.

If your friend breaks up with the abusive partner, continue to be supportive after the relationship is over.

Even when you feel as if there's nothing you can do, don't forget that by being supportive and caring, you're already doing a lot.

Don't contact the abuser or publicly post negative things about him online. It will only worsen the situation for your friend.

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