

I know someone who is being abused...

What is Helpful?

Listen & Believe

Validate Experiences, Be Empathetic

Help Recognize and Name the Abuse

Provide Resources and Referral Information

Respect his/her Limits

Have a Support System for Yourself

Respect his/her Choices

Recognize Strengths and Point Them Out

Ask if he/she Needs Help

Offer a Safe Space to Talk

Recognize that Every Situation is Different

What to Say:

"It's not your fault"

"No one deserves to be abused"

"I am here if you want to talk"

"You deserve better"

"That sounds scary"

"What can I do to help"

What Not to Say:

"What did you do to provoke it?"

"I would never let that happen to me?"

"Why don't you break u-p with Him/her?"

"It's not that serious?"

We hope these ideas will help but please remember you can call Spruce Run's Hotline anytime to talk about how to be helpful and to get support for yourself.

1-800-863-9909