



Supporting family and friends.

Sometimes it can be difficult to support a friend or family member who is being abused. Remember the abuse they are suffering includes isolation, power, and control. Your role is to help them make their own decisions, not rescue them.

Listen. Believe. Empower.
Be informed.

Believe the stories they tell you. Listen more than you talk. Avoid saying what you would do. Instead, say you are really worried about their safety and ask if they have a safety plan. Respect your friend or family member's decision, even if they decide to stay. Sometimes, it's because leaving will be too dangerous right now.

Become familiar with things to consider when making a safety plan. Suggest that they call our 24-hour hotline to speak with an advocate. You can call us, too. We are here to answer questions and help you support your friend and family.

Green  House17

Nurturing lives

harmed by intimate partner abuse.

24-HOUR CRISIS HOTLINE 800.544.2022



Partner Agency