

Could you be experiencing domestic abuse?



Does your partner or relative:

Belittle or insult you frequently?

Force you to do something you didn't want to do?

Demand access to your phone or other private belongings?

Make you feel like you have to change your behaviour because you're afraid how they will react?

Physically hurt you or threaten to?

5 Top Tips for supporting a colleague or friend:

- 1. Reach out and express your concern:** Let the person know that you care about them and are worried for their safety. Be sure to approach them in a non-judgmental and supportive way.
- 2. Listen and believe:** If the person shares their experiences with you, let them know that you believe them and that the abuse is not their fault.
- 3. Offer resources and support:** Provide the person with information about our services. Offer to help them make a safety plan or connect them with us.
- 4. Respect their decisions:** Even if you disagree with them, remember that leaving an abusive relationship can be a complicated and dangerous process.
- 5. Encourage:** the victim to consider reporting to the Police.



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