

SUPPORTING SOMEONE EXPERIENCING DOMESTIC ABUSE

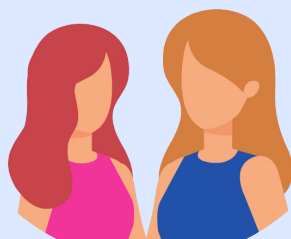


As a friend, relative, colleague or neighbour, domestic abuse can be uncomfortable to talk about.

Whilst it is not your responsibility to stop the abuse, you can respond in positive and helpful ways.



RECOGNISE:
Become aware of the signs of domestic abuse



REASSURE:
Convey belief in the person and validate their feelings & experiences



RESPOND:
Listen without judgement and show empathy

REACT:
Find out about local sources of support



If you believe someone is in immediate danger, call 999 and ask for the police.

If you would like to talk about your concerns, contact:
National Domestic Abuse Helpline (England) – 0808 200 0247
Domestic and Sexual Abuse Helpline (Northern Ireland) – 0808 802 1414
Domestic Abuse and Forced Marriage Helpline (Scotland) – 0800 027 1234
Live Fear Free Helpline (Wales) – 0808 8010 800

Supporting a friend or family member experiencing domestic abuse is difficult so take steps to look after yourself.

