

How to Support Survivors

Remind Them It Is Not Their Fault

“No one deserves to be abused, no matter what.”

Let Them Know You Are Concerned For Them

“I’m worried about your safety.”

“We know that abuse does not go away
and usually escalates.”

Ask Them What They Need

“What can I do for you?”

“How can I help you?”

Offer Support

“I’m here for you.”

“You are not alone.”

“Here is some information for a hotline/
domestic violence advocate.”

Believe Them

“I’m glad you told me.”

Be Patient

“I understand leaving is a process and might not happen right
away, I will be here for you when you are ready.”