If Someone You Know is Being Abused
What to Do & Say

Listen—“I believe you.”

Acknowledge—“No one deserves to be abused.”

Express Concern—“I am concerned for your safety.”

Respect their Choices—“It’s important for you to make decisions that are best for you.”

Be Supportive—“You are not alone.”

Provide Encouragement—“NDV Hotline is anonymous & confidential. You could call them for help.”

NATIONAL DOMESTIC VIOLENCE HOTLINE
1-800-799-7233

How You Can Help
Volunteer
Speak out against domestic violence
Donate money or items to your local domestic violence organization
Donate cell phones and accessories via Hopeline
Encourage your community to support domestic violence services and hold perpetrators accountable

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