

TELLING

amy's story
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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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