



### 25 Ways to Help those Experiencing Abuse

1. Take abuse seriously, believe the victim.
2. Continue support after the victim leaves.
3. Arrange or provide transportation.
4. Create a safety bag of essentials.
5. Set up a code word to signal an emergency.
6. Create safety plan.
7. Open home or other location as safe haven.
8. Let the victim make his/her own decisions.
9. Ask what you can do to help.
10. Offer counseling or expert guidance.
11. Provide job opportunity.
12. Hire an attorney or legal assistance.
13. Rebuild self-esteem and confidence.
14. Listen unconditionally, non-judgmentally.
15. Offer plans and options in case of emergency.
16. Help victim recognize abuse.
17. Serve as a witness.
18. Watch pets when while in transition.
19. Provide assurance; "You don't deserve this", "This is not your fault" and "I believe you".
20. Assist in obtaining protection order.
21. Ask questions that allow victim to consider and anticipate the future.
22. Recommend reading materials and resources.
23. Accompany to court proceedings.
24. Provide financial support.
25. Find or call an advocate or shelter