

Domestic violence is about power and control. Many victims will not talk about what goes on in their lives. Learn how to help.

Recognize the signs.

Are you concerned that someone you care about is experiencing abuse? Maybe you've noticed some warning signs. Does your loved one:

- Constantly worry about making their partner angry?
- Make excuses for their partner's behavior?
- Have unexplained marks or injuries?
- No longer spend time with friends and family?

If someone you love is being abused, it can be difficult to know what to do. Contact The Hotline today to talk about how to best provide support.

Domestic violence, domestic abuse, or relationship abuse is a pattern of behaviors used by one partner to maintain power and control over another partner in an intimate relationship.

Here are some ways you can support a person in an abusive relationship:

- Acknowledge that they are in a very difficult situation. Be supportive and listen.
- Be non-judgmental, even if they leave and return to their relationship many times. They will need your support even more during these times.
- If they end the relationship, continue to be supportive of them healing takes time.
- Encourage them to spend time outside of the relationship with friends and family.
- Help them develop a safety plan.
- Encourage them to talk to people who can provide help and guidance.

**If you have concerns about what's happening in your relationship, call or chat today.
We're completely free and confidential.**

CALL 1-800-799-SAFE (7233) | TTY 1-800-787-3224 | CHAT THEHOTLINE.ORG



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