

BLOSSOM

How to Support Someone in
an Abusive Relationship



Believe



Listen



Options



Support



Safety Plan



Offer Resources



Maintain Respect



NOVA VITA
Help • Hope • Heal

BLOSSOM

How to Support Someone in an Abusive Relationship

Believe: Believe the person and their experience. Believe their feelings and that they might be afraid. Believe that barriers to leaving exist. Don't blame them for the abuse.

Listen: Listen to the individual. You may be the first person that they've told or the only one. Use active listening skills. Validate their feelings and listen without judgement.

Options: Ask what options they've tried so far. Offer them other options if you can, but never tell them what to do. Let them decide what's best. They are the experts of their own life.

Support: Focus on their strengths. Ask "how can I help"? Support them in whatever way you can, even if it's just listening. Support their decisions.

Safety Plan: Help them create a safety plan, just in case. Offer to keep important info or belongings at your place. Develop a code word for help so you know when to call police. Visit novavita.org for more safety planning tips.

Offer Resources: Do your research. Know the resources and services in your community that can help and share them with the person when they're ready.

Maintain Respect: Appreciate that this is a difficult process. Let them set the pace. Be non-judgmental and respect their choices. Don't expect them to leave a relationship when they're not ready. Be patient.

**24 HOUR
CRISIS & SUPPORT LINE**

☎ 519-752-HELP (4357) 💻 novavita.org/chat

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