

# HOW CAN I HELP MY FRIEND?

We are available 24/7/365

1-800-2373-1043 OR 1-800-228-1625



## EXPRESS CONCERN

Telling your friend that you have been concerned about them is a non-judgmental approach that might make them feel comfortable to open up. If they deny that anything is wrong, don't push. Instead, tell them that you are there for them if they ever need to talk.

## ASSURE THEM THAT IT'S NOT THEIR FAULT

This is very important for victims of domestic or sexual violence to hear. Some useful things to say might be, "No one deserves to be treated this way," "You are not to blame," or simply "What happened/is happening to you is not your fault."

## SUPPORT, BUT DON'T GIVE ADVICE

Remember that you can not make someone leave a relationship if they are not ready. Give them options and offer to help support them along the way, but pressuring a victim to leave their abuser may only isolate them further by making them feel as though they can't confide in you.

## GIVE RESOURCES

DVIP & RVAP has advocates who operate our hotlines who can provide you and/or your friend with a well-informed listening ear, assist with safety planning, and provide shelter and/or service referrals.

## KEEP IT CONFIDENTIAL

Assure the victim that anything they said will stay between the two of you. Breaking a victim's trust after they've opened up to you may isolate them and could even put them in danger.

**DVIP & RVAP provides free and confidential services for adult and youth who are victims of domestic and sexual abuse.**

**Our services are available to anyone, regardless of race, gender, sexual orientation, national origin, immigration status, etc.**

**Serving Cedar, Des Moines, Henry, Iowa, Johnson, Lee, Van Buren, and Washington Counties in Iowa.**

