

# How to Support a Loved One Facing Domestic Violence During Quarantine

## Be Someone They Can Call

Be a safe person for them to call for help. Have a designated code word. Simply ask what you can do to help and remain non-judgmental



## Empower your loved one

Give options and empower them to make their own decisions. Uplift them through word of encouragement. check up on them regularly as best as you can.



## Convincing Them to Leave Immediately Isn't Always Best



Come up with a safety plan and resource connections they can use. Domestic violence is complex and risk of harm often increases when the survivor leaves without a plan.

## Protect Yourself Too

Avoid putting yourself in harm's way. Practice self-care. Provide your loved one with additional numbers for support, such as the domestic violence hotline, support groups. Call our Gender based violence warm line @ 431-275-2290



## Spread Awareness

Share this poster! Helping spread this information is one easy step you can take to support survivors of domestic violence.

