

HOW YOU CAN HELP LOVED ONES

WHAT CAN I DO TO HELP SOMEONE I CARE ABOUT WHO MAY BE ABUSED?

STARTING THE CONVERSATION

Sometimes being unsure of what to say or do can make it hard to talk to a loved one about your suspicions of abuse. Don't let that stop you from expressing your concerns; it might be just the opening they need to start talking about what is really going on in their life. Here are some suggestions to help you decide what to say when you suspect that someone close to you may have been or is in an abusive relationship:

- **I'm afraid for your safety**
- **Im afraid for the safety of your children**
- **What can I do to help you?**
- **You deserve better than this**
- **We are here for you when you are ready or able to leave**

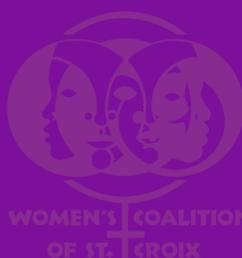
WAYS TO HELP A LOVED ONE

If someone you care about is being abused:

- **Be there for them as a friend, without judgment. Be a good listener. Look them in the eye when you are speaking and ask what kind of support they need from you.**
- **Allow them to make their own decisions**
- **Tell them that no one deserves to be beaten or abused in any way**
- **Find out if she is physically hurt. If so help her to the hospital**
- **Help them report the violence to the police, if they wish to do so**
- **If you can, help them with transportation and childcare**
- **In an emergency, dial 911 from a landline telephone or 340.772.9111 from a smartphone. If they need to leave home for their safety, help them find a temporary home if you can**
- **Invite them to stay with you if you think you will both be safe, if not have them contact the Women's Coalition of St. Croix (WCSC)**
- **Print this page for them**
- **Please have them call WCSC at 340.773.9272, for additional help**
- **Speak out against violence**

**END THE SILENCE. IF YOU SEE SOMETHING OR FEEL SOMETHING,
SAY SOMETHING.**

WOMEN'S COALITION OF ST. CROIX
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