

# Are you worried someone close to you is experiencing domestic abuse?

## ASK

It's OK to ask if they are OK and tell them you are concerned. People will be able to make decisions about what they want to do with their relationships if those close to them listen without judgement or trying them to pressure into doing what they think is best.

Don't share what they tell you without their permission.

Speak to professionals in your local area or on the live fear free 24hr helpline 0808 80 10 800

Encourage the person you're concerned about to talk to a professional about what is happening so that they can better understand what the risk is and their options are.

Call 999 and speak to the police if you think that someone could be seriously harmed right now.

## SPEAK

## SUPPORT

Offer to help them in a way that they want rather than trying to get them to do what you think is best.

Support them in making a safety plan. This could involve having a code word when they are in trouble, keeping money or key documents for them or speaking to other people with them.

Don't try and rescue them. It's likely the person you're worried about has been managing their safety and risk themselves before you knew what was happening.

Encourage them to take part in activities outside of the relationship with friends and family and offer to do self care activities with them.

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