

Helping Others

Four ways to take action this Domestic Violence Awareness Month in support of survivors.

Educate Yourself and Others

Take the time to educate yourself about the different **types of abuse**—physical, emotional, sexual, financial, and digital. **Local resources** like local shelters and assistance providers in your community provide valuable information. Share what you learn with your social circles to foster awareness and empathy. The more we know, the better equipped we are to support those in need.

Listen Without Judgement

Leaving an abusive relationship is a highly personal decision but all survivors benefit from having trusted people during this time. Since those experiencing abuse are often isolated by their abusers, it's imperative to know how to support survivors on the path to safety. One of the most powerful things you can offer a domestic violence survivor is support.

Encourage Professional Support

Domestic violence survivors are often left with emotional scars that outlast the physical effects. Some are at an increased risk of developing post-traumatic stress disorder, substance abuse, or other stress-related mental health issues.

Counseling and support from family and friends can help survivors **break the isolation** of domestic violence. Healing from domestic violence often requires professional intervention. In counseling sessions, survivors can share their feelings, thoughts, and fears in a safe and confidential environment.

Check out the local resources link above to navigate the different resource opportunities available.

Raise Awareness and Advocate For Change

Remember, it is important to support survivors and victims of domestic violence not just during this awareness month, but every day. Together, we can help their healing journey. Here are some ways you can raise awareness about domestic violence and support survivors:

- Participate in local events.
- **Write to your local representatives** about the importance of funding for shelters and support services.
- Educate yourself and others on domestic violence statistics and issues to better support survivors.