

How to Help Someone Who is Being Abused

- Bring up the subject:

Let them know you have concerns, tell them what abusive behaviors you have noticed, & that you want to help. Help them recognize what is happening is not “normal.”

- Acknowledge that the situation is difficult & scary:

Let them know that the abuse is not their fault. Encourage them to express their feelings to you, do not be judgmental, and keep in mind it may be difficult to talk about.

- Plan Safe Strategies:

Help establish a “go” bag incase they need to leave quickly, including important documents (i.e., driver’s license, birth certificate, social security card, medical records), extra car keys, money, & clothing. Also, identify safe areas (i.e., close to exit, multiple doorways, few weapons) and unsafe areas (one exit or contains weapons) of the home. Remember that leaving is the most dangerous time in an abusive relationship and take extra safety precautions even if they feel unnecessary or excessive.

- Respect his/or her right to make decisions:

Let them find their own way to decisions and do not assume that the right decision is for them to leave the relationship immediately. Do not start with what you think they should do.

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Where to Turn for Help

If in immediate danger dial 9-1-1.

Otherwise, these 24-hour domestic violence helplines are available for anonymous and confidential assistance

- Peace House:
(800) 647- 9161
- Utah Domestic Violence Coalition Linkline:
(800) 897—LINK (5465)
- National Domestic Violence Hotline:
(800) 799- SAFE (7233)

Walk-in Services are available at :
*1960 Sidewinder Drive, Suite 208,
Park City, UT 84060*
Or by appointment in Heber,
Kamas, and Coalville.



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