

IF SHE DECIDES TO LEAVE

Help your friend make a plan to be safe. She may want to call a local domestic violence hotline or battered women's shelter. Shelters can help her look at her options. If she decides to leave, a shelter may be the safest place she can go. Sometimes shelters don't have enough room for all the women and children who need their help. Your friend may need to rely on family and friends for temporary housing.



Humboldt Domestic Violence Services



**24-hour Crisis / Support Line:
707-443-6042
Toll-Free: 1-866-668-6543**

OUR MISSION

The mission of Humboldt Domestic Violence Services is to break the cycle of domestic violence through services education and advocacy.

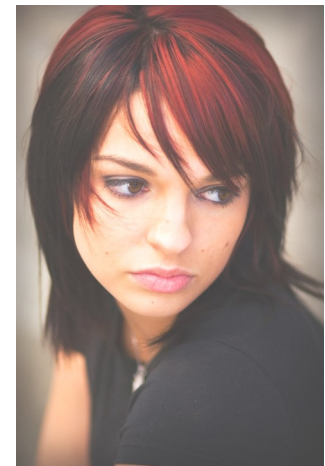
OUR VISION

The vision of Humboldt Domestic Violence Services is the elimination of domestic violence.

To donate to HDVS, or for information about volunteer opportunities, please call our business office, M-F 9am-5pm:

707-444-9255

WHAT YOU
CAN DO
FOR A
FRIEND
WHO IS
BEING
ABUSED



WHAT CAN I DO?



Become Informed

Find out all the facts you can about

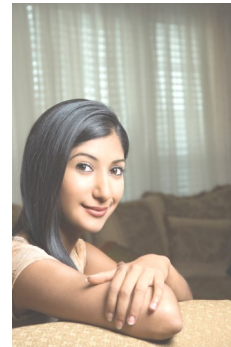
domestic violence. Call local programs in your area that assist battered women and their children to learn about the services they provide. Humboldt Domestic Violence Services is an agency that helps survivors of intimate partner violence; one of our services is the **24-hour Crisis/Support Line: 707-443-6042 or 866-668-6543 (toll-free)**.

Anyone can call this number night or day and speak directly to one of our crisis workers. These dedicated individuals can answer any questions about domestic violence and tell you more about the many services we provide to the community.

However, **if you or your friend are in danger, you must call 911!** The Crisis/Support Line is not an emergency number.

Lend An Ear

Letting your friend know that you care and are willing to listen may be the best help you can offer. Don't force the issue, but allow her to confide in you at her own pace. Never blame her for what's happening. Remember that your friend must make her own decisions about her life. Focus on supporting her right to make her own choices.



Share Community Services

When she asks for advice on what she should do, share the information you've gathered with her privately. Encourage her to seek help from a local battered women's shelter. Many battered women first talk to

marriage counselors, psychiatrists, or members of the clergy. However, not all professionals can provide the help needed by abused women.

Focus on Her Strengths

Battered women live with the verbal as well as physical abuse. Your friend is probably told over and over by the abuser that she is a bad person, a bad wife, or a bad mother. Without positive feedback from outside the home, she may begin to think that she can't do anything right and that something is wrong with her. Give her the emotional support she needs to believe that she is a good person. Help her examine her strengths and skills. Emphasize that she deserves a life that is free from violence.