

## IF THEY DECIDE TO LEAVE

Help your friend make a plan to be safe. They may want to call a local domestic violence services agency. They can help your friend look at their options. If s/he decides to leave, a shelter may be the safest place they can go. Sometimes shelters don't have enough room for all the adults 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 Support Line:**  
**707-443-6042**  
**Toll-Free: 1-866-668-6543**

### OUR MISSION

Breaking the cycle of domestic and intimate partner violence through services education and advocacy.

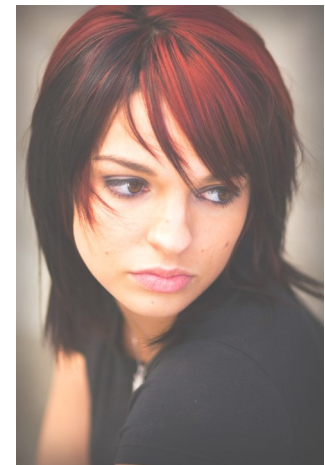
### OUR VISION

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

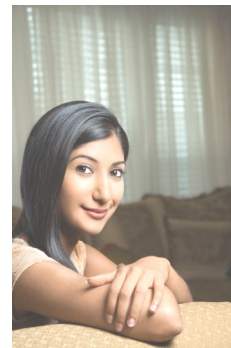
domestic violence. Call local programs in your area that assist battered women and their children to learn about the services they provide. Humboldt Domestic Violence Services is an agency that helps survivors of intimate partner violence; one of our services is the **24-hour Support Line: 707-443-6042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

Anyone can call this number night or day and speak directly to one of our advocates. 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 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 them to confide in you at their own pace. Never blame your friend for what's happening. Remember that your friend must make their own decisions about their life. Focus on supporting your friend's right to make their own choices.



## Share Community Services

When your friend asks for advice on what they should do, share the information you've gathered with them privately. Encourage them to seek help from a local domestic violence services agency. Many survivors of abuse first

talk to marriage counselors, psychiatrists, or members of the clergy. However, not all professionals can provide the help that a survivor needs.

## Focus on Their Strengths

Survivors of intimate partner violence may live with sexual, emotional, financial, psychological, or physical abuse. Your friend is probably told over and over by the abuser that s/he is a bad person, a bad spouse, or a bad parent. Without positive feedback from outside the home, they may begin to think that they can't do anything right and that something is wrong with them. Give the emotional support your friend needs to believe that s/he is a good person. Help them examine their strengths and skills. Emphasize that s/he deserves a life that is free from violence.