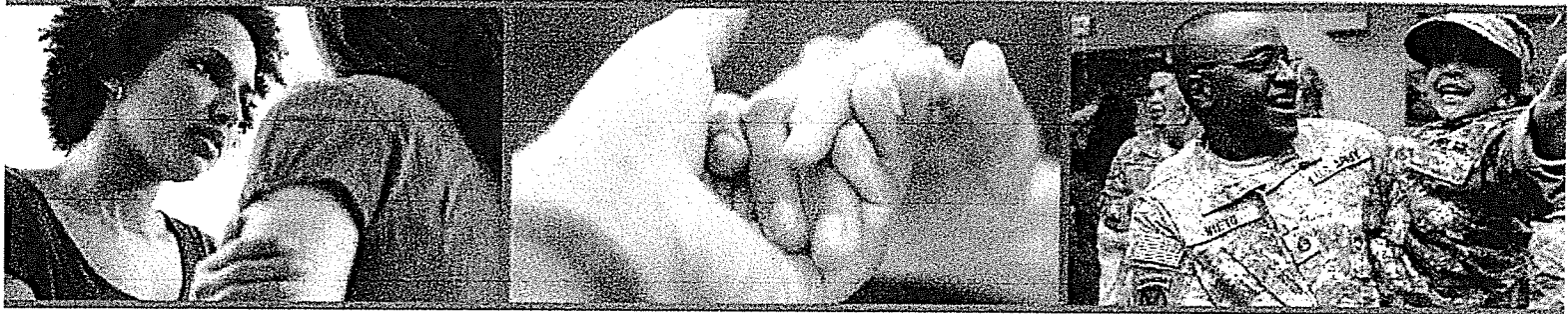


October is

Domestic Violence Awareness Month



Tip Sheet: When You Suspect Domestic Abuse




Your concern and support can help change a person's life.

 **Listen without judgment**

- Focus and listen fully to their words.
- Offer to sit with them when calling for information or reporting abuse.

 **Let them know you believe them**


- Help them feel comfortable about getting help.
- Let them know that abuse can happen to anyone, and it's not their fault.
- Tell them you're concerned about their safety and assistance is available.

 **Support their decisions**

- Respect the way they want to handle the situation.
- Encourage them to reach out for help and guidance.

 **Ask what more you can do to help**

- Know about resources like national hotlines or your installation Family Advocacy Program.
- Call Military OneSource for resource information.

 **Seek out support for yourself if you need it**

- Get help if you feel overwhelmed, helpless, frustrated, angry or guilty as you help a victim deal with domestic violence.



**Speak up.
Know the warning signs.**

Abusive behavior


- Strict control – financial, social or victim's appearance
- Need for excessive contact – texts, calls
- Emotional abuse – put-downs, insults, humiliation
- Extreme jealousy
- Restricting partner's access to family or friends


Victim behavior

- Shows fear around a partner
- Frequent, last-minute change of plans
- Unexplained injuries with explanations that don't add up

Resources for Assistance

- Family Advocacy Program 325-696-5380
- Military OneSource 800-342-9647
- National Domestic Violence Hotline 800-799-7233

 **Take a stand to stop domestic violence and keep our community safe. Even simple actions can help protect victims and keep families safe.**

 **If you or someone you know is being abused or in immediate danger, call 911.**