

5 WAYS TO HELP A FRIEND

1 Believe her.

"I am so glad you feel comfortable talking to me about this. What is happening in your relationship is not okay and I want to support you as best as I can."

2 Don't blame her.

"This is not your fault. Everybody deserves to be safe in their relationship."

3 Help her begin to think about safety planning.

"Let's talk about how I can help. Who are other people you trust that you can talk to about this? When are the times you feel most vulnerable or unsafe?"

4 Refer her to Genesis.

"There are people who can help you. Have you heard of Genesis? You can call their 24-hour hotline anytime at 214.946.HELP (4357) for support."

5 Continue to provide support.

"This must feel really scary and overwhelming. I want you to know that I'm here for you through this process, no matter what happens."

If you know someone in an abusive relationship, invite her to call our 24-hour hotline at 214.946.HELP (4357)

Remember: change takes time, everyone's journey is unique, and she is the expert of her own safety!

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DOMESTIC VIOLENCE IS AN EQUAL OPPORTUNITY EPIDEMIC

One in four women in the United States – and one in three in Texas – will know domestic violence during her lifetime.

On a typical day, there are more than **20,000 phone calls** placed to domestic violence hotlines nationwide. At Genesis, our hotline is answered 24 hours a day. Someone is available anytime day or night to help women find safety, shelter and support.

4.8 million women are victims each year in the United States. We call domestic violence an equal opportunity epidemic because it affects women of every ethnicity, religion, socioeconomic status and neighborhood.

WHAT ARE RED FLAGS TO LOOK OUT FOR?

-  The abuser seems to have the final say in every decision and she appears reluctant/fearful to give a final answer.
-  You realize she does not have any access to her own financial means.
-  She appears fearful of any sort of confrontation.
-  She tends to minimize words and/or behaviors in the relationship that seem inappropriate or abusive to you.



24-Hour Hotline: 214.946.HELP (4357)
Outreach Office: 214.389.7700
Benefit Thrift Store: 214.520.6644
All of our services are free and confidential.
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