

## Ways to Support Survivors of Domestic Violence

Here are some of the ways you can help when you recognize the warning signs of abuse:

- Talk to the survivors about what you see and assure them that you are concerned.
- Tell survivors you believe them and that abuse is NEVER THEIR FAULT!
- Encourage the survivors not to confront their abusers if they are planning to leave. Their safety must be protected.
- Offer to provide child care while they seek help.
- Offer your home as a safe haven to the survivor, their children and pets. If they accept your offer, do not let the abuser in.
- Encourage the survivors to pack a small bag with important items and documents. Keep it stored at your home in case they need it.

Encourage the survivor to call our confidential 24-hour crisis line: 239.775.1101

To learn more about our programs and services, please call 239.775.3862 or visit: [www.naplesshelter.org](http://www.naplesshelter.org)



To Prevent. To Protect. To Prevail.

Confidential 24-hour crisis line:  
239.775.1101

TTY: 239.775.4265

Naples Office

PO Box 10102

Naples FL 34101

239.775.3862

Immokalee Outreach Office

PO Box 397

Immokalee FL 34143

239.657.5700

Options Thrift Shoppe

968 Second Avenue North, Naples

239.434.7115

[www.naplesshelter.org](http://www.naplesshelter.org)

The Shelter for Abused Women & Children does not discriminate in any of its programs because of sexual orientation, race, age, gender, citizenship, marital status, ethnicity or culture, country of origin, immigration status, religion, physical or mental ability or language spoken.

Neighbors,  
Friends  
and Families...

*How you can  
identify and help  
those at risk of abuse*

To Prevent. To Protect. To Prevail.



## Warning Signs of Abuse

You may suspect abuse is happening to a neighbor, friend or family member, but do not know what to do or how to talk about it. If you recognize some of these warning signs, it may be time to take action.

Abusers put the survivors down

Abusers do all of the talking and dominate the conversation

Abusers check up on survivors all the time, even at work

Abusers try to suggest they are the victims and act depressed

Abusers try to keep survivors away from you

Abusers act as if they own the survivors

Abusers lie to keep themselves looking good or exaggerate their good qualities

Abusers act like they are superior and of more value than others in their home

Abusers blame survivors for ruining their lives

Abusers watch survivor's actions, listen to conversations, follow them

Abusers have no respect for the law

Survivors are apologetic and make excuses for the abusers' behavior or become aggressive and angry

Survivors are nervous talking when abusers are there

Survivors seem to be sick more often and miss work

Survivors try to cover bruises

Survivors make excuses at the last minute about why they can't meet you or try to avoid you on the street

Survivors seem sad, lonely, withdrawn and are afraid

Survivors use drugs or alcohol to cope

Survivors have unexplained injuries

Survivors have no access to a phone

Survivors face other obstacles (e.g. They do not speak English, are not yet a legal resident of the U.S., live in a remote area)

## Overcoming Your Hesitation to Help

Here are some concerns you may have about whether you should help:

### POINTS OF CONCERN

- You feel it's none of your business
- You don't know what to say
- You might make things worse
- It's not serious enough to involve the police
- You are afraid the violence will turn to you or your family
- You think the survivors don't really want to leave because they keep going back
- You are afraid the survivor will become angry with you
- You feel that both partners are your friends
- You believe that if they wanted help, they would ask
- You think it is a private matter



Always keep yourself safe. Don't get in the middle of an assault. Call the police in an emergency. Everyone can work to prevent abuse.

### POINTS TO CONSIDER

- It could be a matter of life or death. Violence is everyone's business.
- Saying you care and are concerned is a good start.
- Doing nothing could make things worse.
- Police are trained to respond and utilize other resources.
- Speak to them alone. Let the police know if you receive threats.
- They may not have had the support they needed.
- Maybe, but they will know you care.
- A friend may be abused and is living in fear.
- They may be too afraid and ashamed to ask for help.