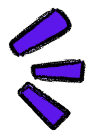


Supporting someone experiencing Domestic Violence & Abuse



Recognise:

- 👁️ Not all abuse is physical. Learn about the other forms of Domestic Violence & Abuse (DVA) – emotional, coercive control, sexual, financial, digital.
- 👁️ Become aware of the behaviours & tactics used in abusive relationships.
- 👁️ Know how to spot the signs.

(Learn more at amberwomensrefuge.ie)

Respond:

- 💬 Talk to the person in a safe place.
- 💬 Listen, believe & reassure them. It is not their fault.
- 💬 Respond in a sensitive, non judgmental way.
- 💬 If you do not know them ask someone you trust to speak to them.



Refer:

- 👤 Offer Helpline numbers for local/national DVA services or other support services.
- 👤 Offer to support them to call a DVA service. You could offer to make the initial call for them with their consent.
- 👤 Respect their decisions. They may not be ready to seek support.

24/7 confidential Helpline:



0818 42 42 44

amberwomensrefuge.ie 🔍

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