

October is Domestic Violence Awareness Month

Anyone can become a victim of domestic violence regardless of age, sex, ability, race, ethnicity, sexual orientation, socioeconomic status, or religion.

**Would you
walk a mile in
their shoes?**



If you, or someone you know, needs help:

For you

- Call our 24-hour hotline at 269-965-SAFE (7233) or 1-888-664-9832.
- Make a plan for your safety. Download our Safety Planning Guide at www.safeplaceshelter.org.
- You are not alone. Domestic violence happens to many people.
- You can't change your partner's behavior; apologies and promises will not end the violence. Violence is **never** justified.

For others

- Believe them. Listen to and support the person's feelings without judging.
- Encourage, but don't pressure them to talk about the abuse.
- Respect any need for confidentiality.
- Reassure them that the abuse is not their fault.
- Give them the time they need to make their own decisions.
- If they are not ready to make major changes in their life, do not take away your support.

Get involved!

Show your support on social media using

#DVAM and #SAFEinBC

269-965-6093

www.safeplaceshelter.org

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PLACE
secure area family environment