

# 6 STEPS TO SUPPORTING A SURVIVOR

## 1. LISTEN.

Sometimes you don't need words to be there for someone. Many people share that just being able to tell their story to someone else lessens the weight of isolation, secrecy, and self-blame.

## 2. VALIDATE.

Often, a survivor may feel like what happened to them is their fault. It is not. No action excuses a person hurting someone else. It can be helpful to communicate that gently and repeatedly.

## 3. ASK WHAT MORE YOU CAN DO TO HELP.

Instead of pushing someone to take actions they may not be ready to take, ask how you can support them.

## 4. KNOW WHERE TO POINT SOMEONE FOR MORE HELP.

You can best help a survivor by offering options and leaving space for them to decide where to go from there.

24-Hour National Domestic Violence Hotline: 1.800.799.7233

Rape, Abuse & Incest National Network Sexual Assault Helpline: 1.800.656.4673

National Child Abuse Hotline: 1.800.422.4453

## 5. KEEP AN OPEN HEART.

Remind them that you are available should they want to talk about their experiences further. Knowing that you are there to support along the way can make a big difference for someone.

## 6. CARE FOR YOURSELF.

It's important to care for yourself as you support another person. Remember, you can be your best self for someone else when you give yourself the space to honor your own needs.



**Our mission is to transform society's response to sexual assault, domestic violence, and child abuse, support survivors' healing, and end this violence forever.**

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violence  
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