WHAT CAN I DO TO HELP?

You may have a friend, relative, colleague, or neighbor who is being abused. You may have witnessed the violence, heard it, seen the physical signs of it, or merely suspected for various reasons...

What should you do?

- Listen without judging. Don’t rush into providing solutions.
- Make sure she knows that she is not alone.
- Let her know that you support and care about her and that the violence is not her fault.
- Tell her that help is available. It is free and confidential.

Refer her to Next Door Solutions to Domestic Violence

24-hour Hotline
408.279.2962