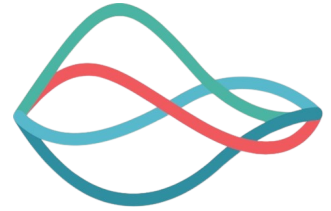


HOW DO I SUPPORT SOMEONE WHO IS EXPERIENCING VIOLENCE?



CLFS is here to do the serious stuff with people in their hard moments, but you play a role in getting people to us! This is a resource we made to help you feel confident in supporting someone who is experiencing violence. Please reach out if you need more specific guidance.

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Just The Top Tips

If you **suspect something, say something** but be careful, be consistent and be calm.

Help can be as simple as offering to **call us off your phone instead**, so it is untraceable on theirs.

Let them leave a go bag at your house with their emergency items/ offer to **be a part of their safety or exit plan**.

Helping them with childcare while they attend appointments with CLFS, GP, Police.

Get support for yourself too! **Our helpline is 24/7** and can give advice and information. Come along to our Helping Hands workshops to get more in-depth guidance and support.

Should I Say Something?

Almost always, **yes**.

Supporting someone in your life who is experiencing violence is key to their wellbeing. Having people that are safe, consistent and connected to a victim/survivor is one of the strongest protective factors that increase the likelihood of a good outcome.

You **should** say something if:

- You are in a private place, and you are calm.
- You are sure that the person using violence cannot hear, listen or assume what is being said.
- If you see physical signs of violence like bruising, marks or unexplained injuries.
- If they stop going out & being social without a reason.
- Worry about someone getting angry.
- Make excuses and give apologies for someone's behaviour.

What Do I Say?

You take some big deep breaths, being calm and patient and gentle is very important.

Try something like this:

- *I'm wondering if everything is OK at home? I care about you and want to know you're safe.*
- *I've noticed you seem frightened by your partner [or other person]. Is that right? Is everything OK?*

Remember give them a chance to think and speak, don't rush or push them. Be prepared to listen without judgement and without your opinion but also be okay if they say that they are fine or they don't need help. If they say they're fine the most important thing you can do is stay consistent, keep checking in and stay in their life, **they will need you eventually**.

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