



What to do if Someone You Know is Being Abused

- If she is in immediate danger, call 911.
- Do not confront the abuser and do not talk to anyone about the abuse in the abuser's presence.
- Listen without judging. Abused women often believe their abusers' negative messages. They feel responsible, ashamed, and inadequate.
- Make sure she knows she is not alone, and the abuse is not her fault. Explain violence in a relationship is never acceptable.
- Believe her. Disclosing abuse takes immense strength and courage.
- Offer support. Ask how you can help.
- Help her come up with a safety plan. For tips, [click here](#).
- Don't judge. She may not take your advice, and may choose to stay in the relationship. This is common. The decision to leave is complex, and leaving can put a woman in danger.
- Respect her privacy. Keep the information confidential unless she asks you to talk to someone about it, or if you are required to do so by law (if a person under 18 years old is being abused or is at risk).
- Emphasize when she is ready, she can make a choice to leave the relationship, and help is available.
- Suggest she contact Kelowna Women's Shelter. Counselors are on duty to talk 24-hours-a-day at 250-763-1040.

Need more information or someone to talk to? Kelowna Women's Shelter is here to help.
Our counsellors are ready to answer your call 24 hours a day at 250-763-1040.



24 Hour Help Line
250-763-1040