

Project Sarah™

Stop Abusive Relationships at Home



You can provide critical support to a friend or family member experiencing domestic abuse.

- **Acknowledge that they are in a very difficult and scary situation.** Believe them. Be supportive and listen. Let them know the abuse is not their fault, that support is available, and that you are willing to help whenever they may need it.
- **Be non-judgmental.** It's hard to know someone you care about is suffering, but it's also important to respect their decisions about the relationship. People stay in abusive relationships for many reasons. They may leave and return to the relationship many times. They will need your support even more during those times.
- **Support their connection to activities and people outside the relationship.** The more that someone experiencing abuse feels supported by people who care for them, the easier it will be to leave and stay away from their abusive partner.
- **Help them develop a safety plan.** Whether they are choosing to stay, preparing to leave, or have already left, you can help create a plan to keep them safe. Find resources at www.thehotline.org.
- **Encourage them to talk to people who can provide help and guidance.** Help connect them to a local domestic violence agency that provides counseling or support groups. If they have to go to the police station, court, or lawyer's office, offer to go along for moral support.

Adapted from National Domestic Violence Hotline at www.thehotline.org/help/help-for-friends-and-family

Project SARAH (858) 637-3210 | www.jfssd.org/projectsarah

Project Sarah™

Stop Abusive Relationships at Home



Abuse isn't just physical. **Abuse can be verbal and emotional. It can include isolation from friends and family, financial control, even mockery of your spiritual beliefs.**

And your children? They feel it, too.



Confronting an unhealthy relationship takes courage. Project SARAH offers a safe, confidential setting for you to weigh your options, untangle a mix of feelings, and determine the best way forward for yourself and your family.

- Partnership in sorting through your options and making a plan
- An informed connection to help you navigate community resources and public benefits
- Referrals to emergency shelters and transitional housing
- Counseling for yourself, your child, or your family
- Connect to legal assistance related to personal rights, restraining orders, and issues of child custody
- Empowerment groups where you'll find the support of others who can relate to your experiences and challenge you to grow as you work through them

Project SARAH (858) 637-3210 | www.jfssd.org/projectsarah