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WAYS YOU CAN HELP A VICTIM OF DOMESTIC VIOLENCE



Call Us

Helpline: 253-798-4166
Toll Free: 800-764-2420
TDD: 253-798-4620



Visit the Center

Address:
718 Court E
Tacoma, WA 98402

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1. Don't assume they will end the relationship and do not "insist" or pressure them to do so
2. Reassure them that the abuse is not their fault
3. Encourage them to speak with a professional about safety planning
4. Listen to what they are saying
5. Let them make their own decisions
6. Provide them with a safe time and place to be heard
7. Don't bad mouth the abuser to them, in public or online
8. Believe them
9. Ask them what type of support would be helpful
10. Know that you don't need to be alone in this, domestic violence resources are available



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