



Canadian
Resource Centre for
**VICTIMS
OF CRIME**

How to Help

A Loved One

Experiencing Violence





Safety First

Ensure Safety and Seek Medical Help

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Make sure your loved one is in a safe space



Offer comfort without pressuring them to talk



Inform them that medical and forensic care is available



If there is an emergency, call 911





Listen Without Judgement

Be Present & Supportive

DO'S

- ✓ Let them share at their pace
- ✓ Believe them.
“I believe you. I’m here.”
- ✓ Respect their boundaries.
Follow their lead.
- ✓ Offer practical support: meals,
rides, company
- ✓ Encourage professional
support

DON'TS

- ✗ Pressure them to report.
It’s their choice.
- ✗ Question their story
- ✗ Try to fix everything.
- ✗ Share their experience with
others
- ✗ Minimizing phrases.
“It could have been worse.”



Stay Connected

Listen. Believe. Stay present.



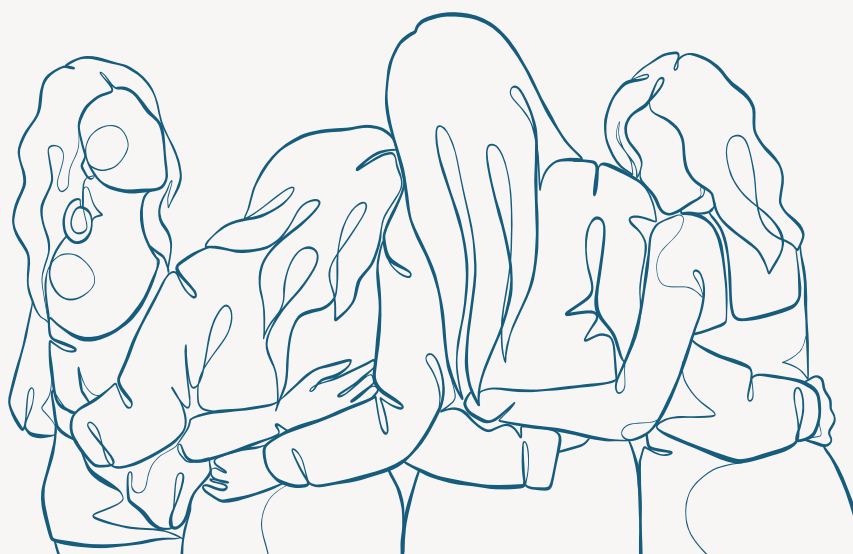
Stay close

Isolation can make things harder. Steady support can help them feel less alone.



Gently support
their choices

When someone has experienced violence or assault, their decisions might not align with yours – and that's okay. Honour their voice and respect their choices.





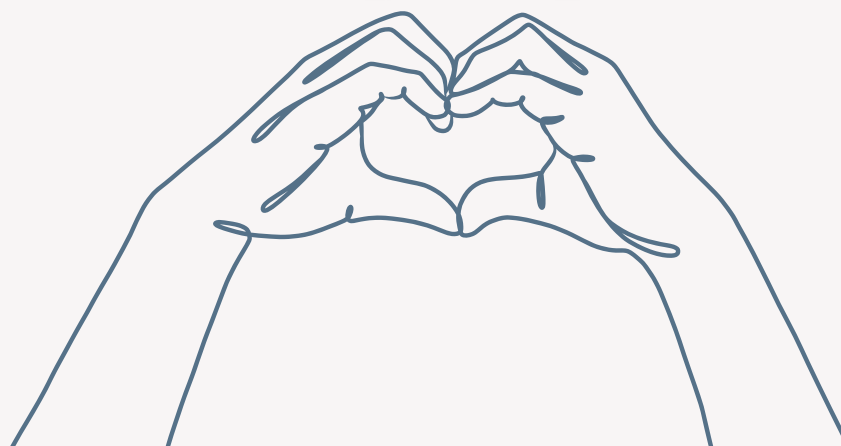
Take Care of Yourself Too

Supporting Others Starts with Self-Care



Reminder

Your compassion matters; but caring for someone affected by violence can be emotionally heavy. It's important to take care of yourself too.



When More Help is Needed

Encourage Support, Gently

Let them know it's okay to ask for help.

Contact Us



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1-877-232-2610



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