

If you suspect that someone is being abused, you can help:

- **Believe the abused person.** Do this even if the abuser seems nice, or if the abuser is your friend. Do not deny or underestimate what is going on. Abuse is never acceptable, and should never be ignored.
- **Listen without judging.** Let the abused person know that you care and have respect for their decision-making. Listen to them first and talk to them about how you might assist.
- **Educate yourself.** Realize that abuse exists in your own community. Learn about local resources.
- **Understand** that leaving an abusive relationship is difficult. Leaving is often a gradual process. It can involve many steps and occurs over time. Be respectful of the abused person's decisions.
- **Encourage the person** to seek support and assistance at Harbour House (543-3999) or Second Story Women's Centre (543-1315 or 640-3044).
- **Do not confront the suspected abuser.** This could put you or the person who is being abused in danger.

If you know that the person is in immediate danger of being hurt, call 911, your local police or RCMP right away.

Adapted from World Elder Abuse Awareness Day information package.