



FREE ONE-PAGE TOOL 14 | FOR SUPPORTERS

When Someone Tells You About Abuse

Your first job is not to investigate or take over. It is to listen and respect their choices.

1 Thank them for telling you

Acknowledge the trust it took to speak.

2 Ask what helps

Let them tell you whether they want listening, practical help, or information.

3 Protect their autonomy

Do not share their story or make plans on their behalf without permission.

A phrase you can borrow

"I believe you. What would be most helpful from me right now?"

Make it yours

One way I can support without taking control:

This free sheet offers education and peer support, not individualized medical, mental-health, legal, or safety advice. If you are in immediate danger in the U.S., call 911. For crisis support, call or text 988. If someone may monitor your device, consider a safer way to access this resource.

Learn more: thehotline.org/resources/when-a-survivor-asks-you-for-help/