

HELPING A FRIEND WHO IS EXPERIENCING ABUSE

If you're worried that your friend might be experiencing domestic abuse at home or in their own relationship, here are 5 ways you can help them.



LISTEN

It's scary and difficult for a friend to tell you about abuse, and you might not know what to say - that's okay.



TELL

Encourage them to tell an adult they trust, and offer to go with them.



CALL

Encourage your friend to carry a helpline number, or to memorise one.
Childline is available 9am to midnight on 0800 11 11.



LOOK

There are lots of websites with information and advice for people experiencing abuse.



PLAN

Create a safety plan with your friend - www.gdass.org.uk
They can call the police by dialling 999 any time, for free, and from any phone.

REMEMBER - ABUSE IS NOT YOUR FRIEND'S FAULT.

WHERE CAN I GET HELP?

CHILDLINE

0800 1111
childline.org.uk

Confidential helpline
(9am- Midnight) and
1:1 online support.

STREET GLOUCESTERSHIRE

01452 726570
www.gdass.com

Support for young people
with experiences of
abuse.

THE MIX

themix.org.uk
[@themixuk](https://twitter.com/themixuk)

Support with any
challenge young people
are facing.

TIC+

ticplus.org.uk
[@tic.plus](https://twitter.com/tic.plus)

Counselling and
support with mental
health for young
people.