

# *Friends & Family:*

How you can help someone who is in an unhealthy relationship.

**The DOVES Program**  
**24 Hour Hotline: 308-436-HELP**  
**866-95-DOVES (36837)**  
[www.dovesprogram.com](http://www.dovesprogram.com)

## *Reach Out*

Reaching out and supporting a loved one who is experiencing abuse can be difficult, exhausting and at times frustrating. If you are frustrated, imagine how frustrated and exhausted your friend or loved one must be!

Please don't measure your success as a helper by whether or not your friend leaves the situation. Instead, measure your success by how well you have respected their right to run their own life. If you stay focused on these areas, you'll feel less frustrated and better able to support your friend or family member.

**If you feel your frustrations getting the better of you, seek help for yourself, but remember to maintain your friend's confidentiality.**

## *Be Opposite of the Abuser*

### **The Abuser . . .**

Pressures them severely  
Thinks they know best  
Dominates conversations  
Believes they have the right to control their partner's life  
Thinks for them

### **Instead . . .**

Be patient.  
Respect your friend's judgment  
Listen more and talk less  
Respect your friend's right to determine what is best for their situation  
Think with them

## *Help Them Find Resources*

**DOVES offers the following free & confidential services:**

- 24-Hour Hotline
- Crisis Support and Advocacy
- Safe Shelter
- Criminal Justice Advocacy
- Assistance with Protection & Harassment Order Applications
- Attorney Referrals
- Court Accompaniment
- Emergency Transportation
- Emergency Medical Advocacy
- Emergency Financial Assistance
- Food Pantry
- 911 Cell Phones
- Support Groups
- Resource Information