

Area of help/support	Y	N	Not needed
Have you done the following things:			
• Acted on their immediate safety first?			
• Listened to them?			
• Approached them if they have not come to you?			
• Made them feel believed?			
• Made sure they understand that what is happening to them is wrong?			
• Made sure they know a safe place they can go to?			
• Created a safety plan?			
• Encouraged them to go to the doctor?			
• Encouraged them to talk to a counsellor/helpline?			
• Encouraged and supported them to leave? (without overly pressuring them)			
• Learnt about abuse?			
• Learnt about support groups/organisations?			
• Learnt about the legal processes?			
• Learnt about aid available such as legal aid, housing support, benefits etc?			
• Offered to attend appointments with them, like doctors, court, police etc?			
• Made sure they know that should not feel ashamed, embarrassed or humiliated?			
• Asked them regularly what they actually want/need from you?			
• Got them to change passwords/logins for all accounts?			
• Warned them about stalking and being watched?			
• Made sure they have blocked their abuser on email, phone, social media?			
• Do they have evidence kept and ready?			