

# SUPPORT A SURVIVOR

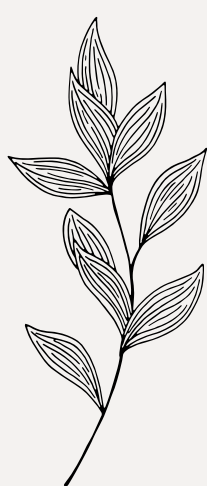


Domestic and family violence is a *repetitive pattern* of behaviour used to *control and exert power* over another person, causing that person to *feel fear*. Abuse and violence tends to *increase in frequency and severity over time*, and is rarely an isolated event.

## WHY INTERVENE?

As a bystander, you have the opportunity to have a significant and positive impact on a survivor's life. Often, abuse happens behind closed doors, or hidden from public view. So, intervening has the potential to help a survivor feel seen, trusted and safe. It also may communicate to an abuser that their behaviour is wrong and unacceptable.

It is okay to feel nervous and doubt whether the abuse exists at all. To help you to think through whether, when and how you may want to intervene, scan the QR code to access more resources through our website.



**The following questions might be helpful for you to further reflect on:**  
***Do I think there may be abuse happening, even if I'm not certain?***  
***Do I think someone needs help?***  
***Am I currently safe and capable of offering help?***

## HOW HELPS

Meet women from our local community

Create individual safety plans

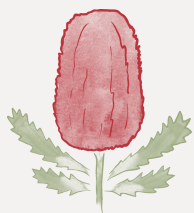
Connect with other survivors

Information about further support and entitlements

Connect with legal and counselling services

Information about your rights

Therapeutic & educational programs



# NEXT STEPS

## START A CONVERSATION

Think about what you hope to say to your loved one, and how you might articulate it. It may help to write some things down. Reflect on your own emotions and thoughts, and how you can manage these when you speak with her.

Find a quiet and safe space to meet with her. Listen from a place of love, gentleness, empathy and humility. Remember that she knows her situation best, including her needs and safety concerns

Ask her what she wants in terms of support. If it sounds like Banksia Women could help, discuss with her if she would like to connect with us for further support. It is okay if she doesn't want to.

## CONNECT WITH BANKSIA WOMEN

Banksia Women will get in touch with her directly, to hear from her and to discuss her concerns, priorities and needs. If it makes her feel safer and more comfortable, she is welcome to come with a support person when she first meets us.

If she would like to connect with us, take 20-30 minutes to fill out a referral form with her. Email the form to Banksia Women. Scan the QR code to access the form.



## ONGOING FOLLOW UP & SELF CARE

Check in with your loved one, to see how her safety and wellbeing needs are being addressed. If you are able to help, offer it.

Find someone you know and trust to chat to. It may be a professional, or a friend. It is important to look after yourself too!