



Checklist

Ask yourself these questions before offering to support people who are living with abuse

Am I aware of support resources in the community?

Make sure you know about support resources in the community and how to access them.

Am I clear on what I have to offer?

For example, do you want your role to be referring people to helplines? In that case, it might be better to simply post the helpline. Do you have resources available to help provide for someone's immediate needs? Do you have time to be able to stay in contact with someone on a regular basis? It is good to be clear on what you will be able to do (and what you won't be able to do) for someone living with abuse before you let people know you are willing to help.

Do I understand what abuse is and how it is showing up during the pandemic?

Make sure you know about the different types of abuse and the unique ways that abuse is showing up during the pandemic.

Am I aware of barriers?

The person reaching out to you may be facing unique barriers. We can't have a one-sized fits all approach to supporting people who are living with abuse. Are you committed to finding ways to support people in navigating barriers, based upon their unique situation?