



SPIDER PHOBIA?

DAYDREAMER?

FRIEND OF THE YEAR?

Role of family and friends.

Family and friends can support the person who has witnessed, endured and even perpetrated violence by listening and offering subtle support and even real action to the person. Family and friends can often help influence decisions but are also very frightening to the person who is enduring abuse, for if it is often thought of as a “shameful secret”.

If you know or suspect that a family member, friend or work colleague is experiencing domestic violence, it may be difficult to know what to do. It can be very upsetting that someone is hurting a person you care about.

Help is closer than you think.

If this sounds familiar and you would like to speak with someone, there is a range of safe and confidential support available. Within (insert company name) you can talk to (insert appropriate company resource).