

## About Us

We are a non-profit organization working to empower, educate, and enrich our community by providing support, mental health care, educational programs, and the necessary assistance to help our clients regain self-sufficiency. We are advocates for people in crisis situations.

## How can we help?

An-Nisa has available programs that are designed to do everything from making your relationship healthier or getting you to a safer place. Our culturally-sensitive and trauma-trained approach has helped over 5,000 individuals to reach the outcomes they wanted for their relationships.



AnNisaHopeCenter



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# The Guide to Helping a Victim of Domestic Violence



Transforming lives,  
transforming communities



## What to Say

If you suspect that someone you know or love is going through an abusive situation, here's how to handle it. Call An-Nisa for more information. We are here to help.

- Listen** - listening without any judgment in a safe and confidential environment,
- Believe what they tell you** - even if it sounds impossible, and understand that it has taken a lot for them to open up
- Offer support** - guidance, assurance, validation, and letting them know you're there for them  
*Ex) "I am here for you. Tell me what I can do to help"*
- Safety Plan**  
for safety planning information, please visit [annisa.org/familyviolence](http://annisa.org/familyviolence)
- Provide resources when they are ready**
- Respect their choices** - don't pressure them into leaving or make judgements about what they may decide



## What Not to Say



- Don't Place Blame** - Do not blame the victim for the abuse or find excuses for the abuse *ex.) don't ask questions such as "What did you do for him to treat you like that?"*
- Don't be critical or judgemental**
- Don't criticize the abuser** - criticize the behavior but not the person
- Don't force your advice or opinions onto them** - guide them towards information and resources, not personal advice
- Don't pressure them to make immediate decisions**
- Don't try to make decisions for the victim**  
*Ex.) This includes pressure to leave or stay in that situation*

**Remember, a victim in a domestic violence situation only needs your support and may not want to be saved.**