

Taking Action:

responding to abusive relationships

listen.
believe.
speak out.

BWCCADV

Bellingham—Whatcom County
Commission Against Domestic Violence
1407 Commercial Street, Bellingham WA 98225 | 360.312.5700

If you have a friend, family member, co-worker or neighbor who is experiencing abuse in their relationship, the very best thing you can do for that person is to **listen, believe,** and do all you can to keep the person from getting isolated.

If you have a friend, family member, co-worker or neighbor who is being abusive and controlling of their family member, and **if you feel like it is safe to do so, speak out.** One of the things that will really have an impact on domestic violence is social intolerance — ordinary people like you and me saying "That's unacceptable."

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Providing leadership in our community's efforts to end domestic violence

REMOVE TEAR OFF

DVSAS877.715.1563
Nooksack Tribe DV Program360.592.0135
Lummi Victims of Crime360.312.2015
for additional resources and information go to:
www.dvcommission.org

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