

TAKING ACTION:

responding to abusive relationships

listen.
believe.
speak out.

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."

If you or someone you know is experiencing abuse please call
ALL services are FREE & CONFIDENTIAL

Domestic Violence & Sexual Assault Services (DVSAS)..... 877.715.1563
Nooksack Tribe DV Program.....360.592.0135
Lummi Victims of Crime360.312.2015

for additional resources and information go to
www.dvcommission.org

BWCCADV

Bellingham - Whatcom County
Commission Against Domestic Violence

1407 Commercial Street, Bellingham WA 98225 | 360.312.5700



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