

## Help Break the Cycle of Domestic Violence

*Do you suspect someone you know is experiencing domestic violence? Dr. Ellen Taliaferro offers the following suggestions for action you can take:*

- Identify or confirm the domestic violence situation.
- Document what you see and/or hear (it should eventually get into the legal system).
- Refer the victim to a shelter, or at least encourage the victim to work out a secret safety plan. (If she is not in immediate danger, she can call 1-800-799-SAFE to get further information or referrals.)
- Listen. There is no substitute for good listening.
- Send therapeutic messages (everyone is equal, no one deserves to be beaten, you are a person of worth).

**WT**

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