



**Signs to look for** that might mean someone you know is in trouble and needs help:

**You notice that...**

*Their partner calls them names or puts them down in front of other people.*

*Their partner gets extremely jealous when they talk to other people.*

*They apologize for their partner's behavior and make excuses for it.*

*They frequently cancel plans at the last minute for reasons that sound untrue.*

*Their partner is always checking up, calling or texting, and demanding to know who they're with and where they've been.*

*Fights escalate to breaking or hitting things.*

*They're constantly worried about upsetting their partner or making them angry.*

*They give up things they used to enjoy such as time with friends or other activities.*

*Their weight, appearance, or grades have changed dramatically. These could be signs of depression, which could indicate abuse.*

*They have injuries they can't explain or the explanations they give don't make sense.*

# SAFE San Juans

currently offers the following  
**FREE & CONFIDENTIAL** services:

- ADVOCACY
- LEGAL ADVOCACY
- MEDICAL ADVOCACY
- SAFETY PLANNING
- SUPPORT GROUPS
- THERAPY
- COUNSELING
- SCHOOL PREVENTION
- COMMUNITY PREVENTION
- EMERGENCY SAFE HOUSE

# Helping a Friend



## 24/7 HELP LINES

**San Juan** 360-378-2345  
**Orcas** 360-376-1234  
**Lopez** 360-468-4567

## OFFICE LOCATIONS

<b>San Juan Island</b>	<b>Orcas Island</b>
570A Guard St	296 Main St, 201
360-378-8680	360-376-5979
Mon-Thur 9-4	Mon-Thur 9-4

### **Lopez Island**

Please call for hours and location  
360-468-3788

**1 in 3 women**  
and **1 in 4 men**  
will experience  
some form of  
domestic violence  
in their lifetime.

**Only a fraction of those  
will seek professional  
intervention**

**Most will TELL A FRIEND.  
Will you be ready?**

## Listen to your friend. Let them know you care.

**Listen without judgment.** *They may feel responsible, ashamed, inadequate, or afraid.*

**Tell them that it is NOT their fault.** *Explain that domestic violence is a crime.*

They can seek protection with the police, courts, and domestic violence advocacy programs, such as **SAFE San Juans**.

**Suggest they develop a safety plan for themselves and/or their children.**

*A safety plan is helpful in case of an emergency. Keep money, important documents, a change of clothes and an extra set of keys in a safe place, such as with a friend or neighbor. Encourage them to set aside money and to develop a plan of escape. You can find safety planning resources at [safesj.org/safetyplan](http://safesj.org/safetyplan)*

**Decide how you can help.** *If they decide to leave, they may need money, assistance finding a place to live, a place to store their belongings, or help finding a safe home for their pets.*

**Encourage your friend to keep a log or diary of the abuse.** *This log should be kept in a safe place and include evidence, such as letters, emails, voicemails, texts, or social media posts that are threatening or harmful.*

### **Contact our 24-Hour Help Lines:**

San Juan 360-378-2345

Orcas 360-376-1234

Lopez 360-468-4567

## What if your friend decides to stay in the relationship?

In many cases, people experiencing domestic violence may want to stay in the relationship. They may fear for their life if they leave, they may want their children to grow up with both parents, they may feel trapped financially or because of their belief system, or they may just want the violence to end and not the relationship.

**Help your friend identify resources.** *Make a list of resources to help them take care of themselves, get emotional support, and build their self-esteem.*

**Suggest they tell a doctor or nurse about the violence.** *A doctor or nurse can document the abuse in their medical records and*

## Encourage your friend to call **SAFE San Juans**

If your friend reveals to you that they are experiencing domestic violence, SAFE San Juans can help establish a safety plan and provide information about protection orders and how to possibly obtain one.

Stalking and domestic violence  
are against the law.

## What if your friend decides to leave the relationship?

Leaving a domestic violence situation can be the most dangerous time. If you or your friend need additional help navigating this difficult process, SAFE San Juans has resources, advocates and therapists available.

Let your friend know they do not have to report to law enforcement or take legal action to receive our free and confidential services.

**What if you see an assault in progress? CALL 911.** Be sure to write down all the information you can remember, including any license plate numbers and the location of the assault.

Be sure to keep yourself **SAFE**.

