

# What Can You Do if You Hear Loud Screaming, Crying or A Call for Help from Your Neighbour's Home?



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## BE CONCERNED

Be a concerned neighbour but maintain safe distancing.

## GO OVER

Go over to your neighbour's home and knock on the door or ring the bell. If someone answers the door, you can say, "Sorry to disturb. It sounds like someone is in pain. I am concerned. Is everything ok?"

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IS EVERYTHING OKAY?

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## OFFER HELP

If no one answers the door, you may want to say out loud for the family to hear, "Hi. I'm your next door neighbour. Is there someone in pain? Just checking if everything is okay. If you need help, my door is open. Let me know, okay?"

## CALL THE POLICE

Call the Police if you sense an emergency or if something is amiss.

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## MAKE CONTACT

When you have the chance to see the victim alone, make contact and offer your help; listen and empathise. End your conversation with words of encouragement e.g. You are a survivor! You can do something to end the violence now! There is a lot of help for you. You are NOT alone. How can I help?"

## ACCOMPANY

Another way to help the victim is to accompany her/him to the nearest Family Service Centre or Police Station.

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