

What Should You Do if Your Family Member or Friend is Exhibiting Abusive Behaviour?

IS EVERYTHING OKAY?

1. INTERVENE

You may want to approach the person and ask, "Is everything ok?". Your immediate intervention will stop the abuse from escalating.



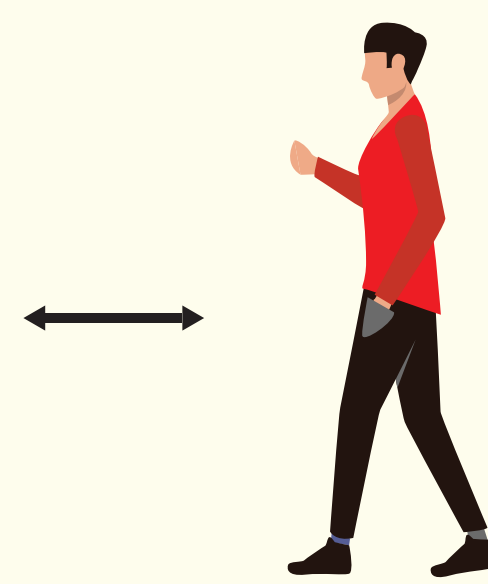
2. CALM THE SITUATION

Do not try to solve or fix the couple's issues while emotions are running high.



3. SEPARATE THEM

Separate the couple.



4. SAFE DISTANCE

Maintain safe distancing even if you know the person well.



5. TALK IT OUT

Talk to the person in a non-judgmental tone and lend a listening ear. Allow the person to express her/his emotions and give time for the anger to subside.



6. MEDIATE

When the situation stabilises, offer your help to mediate the couple's issues or offer your assistance in linking the couple to a Professional.



7. CALL THE POLICE

If the situation escalates and gets out of hand, call the Police if necessary.