

Finding help on time
can save a life!



Speak up

If you see that a friend is going through domestic violence help her see that she is in an abusive relationship and find help. Admitting that they are in an abusive relationship and asking for help can be hard, but if you are there to help them through this they can be saved and live a healthy life.

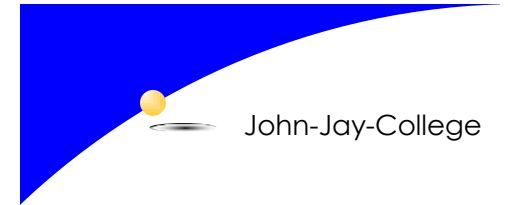

Organization

John-Jay-College

For any information Contact the Peer
Counseling Center in the 3rd floor

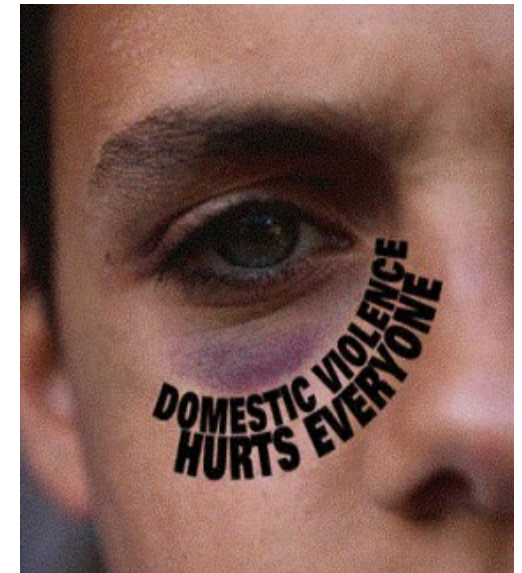
Phone: 212-237-8271

E-mail:
peercounseling@jjay.cuny.edu



Domestic Violence

Identify and find help



{ Tel: 212-237-8271 }



Do you have a friend involved in domestic violence?

Domestic violence can take a person prison. When someone is involved in a domestic violence relationship, sometimes they are to afraid to speak up and get out. If you have a friend that you suspect is involved in domestic violence its time you speak up . You could be saving a life!! If you stay quite you are being an accomplice to domestic violence. Lets stop this as soon as possible.



Don't allow this

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Warning signs

Noticing what are the warnings of a friend being involved in domestic violence is the first step in helping a friend:

- Does your friend looks worried or depressed?
- Seem to not want to talk as much as before?
- Do not go out much and mingle with friends?
- Do not talk about the relationship?
- Do she have any visible injuries?

If you answer yes to any of this questions your friend may be involved in domestic violence.



How to help

- Listen to your friend and do not judge because they might have found someone they feel comfortable talking to about this.
- Understand their feelings
- Show them that you care by supporting them in their time of need.
- Find out information on support groups, agencies, programs or counseling to help her cope with the situation.

