

## What can I do to help someone I know who is in an abusive relationship?

- ◆ Remind them that the abuse is not and never will be their fault
- ◆ Develop a code for calling the police in case things get out of hand
- ◆ Do not put yourself at risk. Helping also means keeping yourself safe
- ◆ Listen, and keep listening, even if you have “heard it a thousand times”
- ◆ Each time a victim describes her abuse she is making herself stronger
- ◆ Be patient. Victims leave and return to abusive relationships an average of seven times before they leave for good.

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24/7 service is available. Call (406) 225-4075 (Sheriff's Office) and ask for Heather. The dispatcher will contact Heather to return your call.