

Consejos para ayudar a un amigo o ser querido



HOPE UNITED

Survivor Network



ESCUCHAR Y CREER

Inicie una conversación con esta persona. Ayúdelos a sentirse cómodos al hablar con usted. Nunca culpe ni juzgue. Use frases como "TE CREO" o "NO te mereces esto". Use un lenguaje de apoyo y comprenda que esta persona puede no estar lista para compartir.



HAGA TIEMPO

Reserve tiempo para verificar a esta persona. Asegúrese de revisarlos regularmente y mostrar su voluntad de estar allí para ellos. Ofrecete a ir con ellos a citas con proveedores de servicios para obtener apoyo moral.



APRENDA LAS SEÑALES DE ADVERTENCIA

Do some research or call your local helping agency. Knowing the warning signs is important. Often, warning signs go unnoticed and recognizing these can be the first step in getting help for someone you care about..

CREATE A SAFETY PLAN

Help this person come up with a plan for how to stay safe. Include things like;

- Make sure you have important documents
- Keep cash on hand
- Keep gas in your car
- Turn off location services on your phone.

If you need help, just call us!



UNDERSTAND

Let them know that you understand how difficult this may be for them. Acknowledge that their situation is scary and difficult. Reassure them.



CONTACT US!

If you have any questions about resources, safety planning or anything else, give us a call. Encourage your friend or loved one to reach out to us.



Phone: 704-862-6783

Email: HUSN@gastongov.com

Facebook: Send us a message!