10 WAYS TO SUPPORT A SURVIVOR

- Listen, believe, & ask what you can do to be supportive
- Make sure they feel safe
- Validate their feelings
- Affirm that it is not their fault
- Identify their support system
- Offer resources & options (like care)
- Support their choices
- Ask permission before offering physical comfort (like hugs)
- Remember that the healing process is fluid
- Highlight their strengths

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