How To Help A Friend

Do...

- have the conversation in a private, safe, and comfortable space.
- express concern about unhealthy behaviors you notice.
- validate their emotions and thank them for sharing with you.
- help them brainstorm resources, options, and next steps.
- follow their lead and let them guide the conversation.
- get help if you are worried about you or your friend’s safety.

Don’t...

- label the relationship or the partner as bad or abusive.
- judge or blame them for the abuse they experience.
- push them to talk if they don’t want to or are not ready to.
- tell peers or mutual friends without their permission.
- make decisions for them or judge their choices.
- try to do everything without the help of a trusted resource.

Need Support?
To access JCADA’s services, send us a confidential message:
1-877-885-2232 support@jcada.org

Let’s Learn Together!
Schedule an education program for a group of Jewish teens or adults!
jcada.org/education

References:
www.joinonelove.org/learn/help_a_friend/
www.loveisrespect.org/resources/how-to-help/

JCADA Thanks our Generous Funders See our website, www.jcada.org, for a list of the agencies whose funding supports the development of all documents, training, workshops, and services produced by JCADA.