

MENTAL HEALTH MONDAY'S

HOW TO SUPPORT A SURVIVOR OF TRAUMA

Disclaimer: We are offering recommendations to support and guide your conversation with friends and family

WAYS TO SUPPORT

CHECK-IN WITH THEM AS FREQUENTLY AS POSSIBLE

REMINDE THEM THEY ARE LOVED

LET THEM RELEASE THEIR EMOTIONS

LISTEN TO THEM

BELIEVE THEM

LET THEM KNOW SHARING THEIR STORY IS NOT A BURDEN

UNDERSTAND THEIR TRIGGERS

THINGS YOU CAN SAY TO A SURVIVOR OF TRAUMA

"What can I do to support you?"

"I'm sorry this happened to you"

"Do whatever you need to heal"

"Your feelings are totally valid"

"You did not deserve this"

"Do you want to talk about it?"

"Healing is possible but it will take time"

THINGS TO AVOID

**PRESSING FOR
DETAILS**

**JUDGING THEIR
THOUGHTS AND
FEELINGS**

**QUESTIONING WHAT
THE SURVIVOR DID OR
DID NOT DO**

**OFFERING SUPPORT
BEYOND YOUR
LIMITATIONS**

**COMPARING THEIR
EXPERIENCES WITH
OTHERS**

**JUMPING INTO
RESCUE MODE**

**GETTING
OVERWHELMED BY
YOUR OWN EMOTIONS**

**REPEATING
DETAILS....."I'M SORRY
YOU GOT RAPED"**

**ASKING TOO MANY
QUESTIONS**

HOPE AND EMPOWERMENT

INSPIRE HOPE

**DO NOT PROVIDE FALSE
HOPE**

**LET THEM KNOW OF PLANS
TO INVEST AND REBUILD**

**MAKE SURE IT IS
VISIBLE**

**AFFIRM THAT WE SEE AND
HEAR THEIR RESILIENCE
AND STRENGTH**

**LET THEM KNOW WE
ARE UNITED**