

1. Help her build a safety plan (before she leaves)

- A safe place to go (friend, shelter, hotel)
- A packed “go bag” hidden or stored somewhere the abuser can't find it.
- Code words with trusted people
- A plan for pets and kids

2. Connect her with professional support

- Domestic violence hotlines
- Local shelters and advocacy groups
- Legal aid services

3. Help her secure important documents

- ID, passport, birth certificates
- Social security cards
- Bank info, insurance, medical records

4. Create financial breathing room

- Set aside small amounts of cash safely
- Open a private bank account (if safe)
- Connect her with assistance programs

5. Offer judgment-free support (not pressure)

- Listen without interrupting or doubting
- Validate her experience
- Let her move at her own pace

6. Document the abuse (safely)

- Photos of injuries
- Screenshots of threats
- Dates/times of incidents
- Videos, but only if it's safe to record.

7. Stay available—even if she goes back

- Don't shame her
- Don't say “I told you so”
- Keep the door open