

How to respond to a coworker who is experiencing domestic abuse?

What should I do?

- Let your coworker speak. Make yourself available.
- Listen carefully, be supportive without being judgmental.
- Respect confidentiality and privacy. Keep the information to yourself, unless your coworker gives you permission to tell others.
- Do not blame the victim.



What should I expect?

- Expect a broad range of emotions such as anger or even guilt.
- Respect your coworker's choices which may be different to yours.
- Your coworker might need to take time off work, if so, stay in touch regularly.

What should I say?

- Inform your coworker that internal and external help services are available for support.
- Thank your coworker for telling you. Express your understanding.
- Ask your coworker what you could do to help.

Are you experiencing
domestic violence? 

