



# How to support a friend in an unhealthy relationship.

5 simple phrases that could make all the difference.

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**"I understand it's complicated."**

Your friend needs to hear that you appreciate that leaving isn't as simple as it might seem.



**"I'm not going anywhere."**

Isolation is common in abusive relationships. Be present, without judgement.



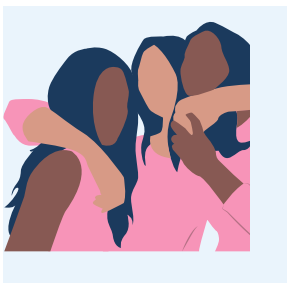
**"I can help, when you're ready."**

Your friend might not be ready to seek support yet, but later on they could be. Let them know.



**"How are you feeling?"**

Leave advice to one side, and simply offer to really hear how they feel.



**"None of this is your fault."**

Abusive relationships confuse and blame the victim. Let them know they aren't to blame here.