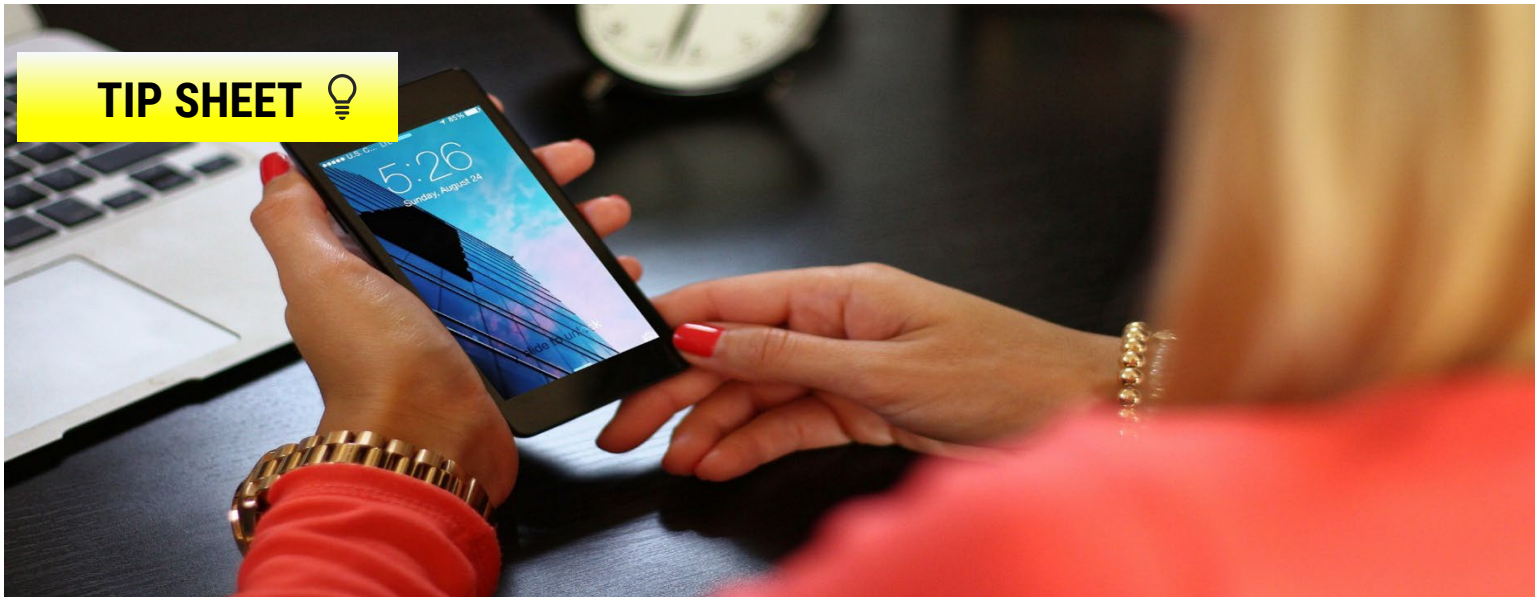


# Helping Professionals Experiencing Abuse at Home



## TIP SHEET



## As we continue working from home, managing psychosocial and physical safety is key

### 1. Safety First

Create a **safety plan** to protect individuals during this stressful time. **Safety planning at home and work** is essential to keep professionals and families safer. **Safety plans** should be made with advice from a domestic violence expert to manage hidden risk. Plans can be made for anyone experiencing domestic violence, including employees working from home, friends, family members or other people supporting someone impacted.

### 2. Continue Communicating

You can help support someone who you believe may be in an abusive situation, or at-risk, by **keeping lines of communication open** with them. Start by creating regular contact with friends, work colleagues or loved ones. Helping is simply showing up regularly to communicate remotely.

Think about what the person's pre-COVID-19 behaviour was like to understand if there are any changes. **Be mindful your phone call or text might be monitored by an abuser and have unintended consequences.** Consider saying, *'how is the family coping?'* rather than, *'are you safe, do you need help?'*

### 3. Recognise Danger Signs

There are many danger signs. **Separation, attempted separation** or **talking about leaving** can be very dangerous times.

**Strangulation** is common and extremely high-risk. Become familiar with what dangerous and threatening language may look like, e.g., *"only put their hands on my throat ... didn't mean to ... apologised later ... promised it wouldn't happen again."*

Other high-risk danger signs include **sexual violence, stalking** (including monitoring your movements, emails, phone and social media messages), **pregnancy**, and others.

### 4. Use Wellness Checks Cautiously

**Non-emergency** - look and listen for signs of distress. Establish communication. If an affected person can ask for help, they will. Intervening in an abusive situation without a safety plan can unintentionally increase the risk of violence to a person and should always be handled by professionals when possible. If you are unsure, ask a professional for guidance.

## IDEAS TO SHARE

- Take the [healthy relationship](#) quiz.
- The prevalence of domestic violence and abuse **INCREASES** during times of stress, quarantine, isolation from social and work circles, economic uncertainty, and limited access to resources.
- Not all homes experience domestic and family violence or abuse.

### PROFESSIONALS CANNOT BE EXPECTED TO SOLVE HARMFUL SITUATIONS ON THEIR OWN

*'Please know there are always, always options.'*  
- JANINE FULTON, Director

### 5. Get Help From a DFV Expert

**Get help from a domestic & family violence specialist** where you can. Best intentions to intervene without guidance can increase risk. It is difficult to navigate safety solutions alone.

**Emergency** - if you feel your safety, or another person's safety is at risk, and you need immediate help in an emergency call **000 in Australia or 111 in New Zealand.**

Are you a private professional or business leader? Do you know or suspect a colleague may be experiencing sexual harassment or abuse at home or work? Do you know what to say or do to help? Confidentially [contact Janine Fulton](#) at Harm Prevention Solutions today to book your free consultation.

Find us here



[HarmPreventionSolutions.com](https://www.HarmPreventionSolutions.com)

To get help [contact Janine Fulton on +64 20 402 91402 \(NZ\) | +61 \(7\) 351 72441 | \[HarmPreventionSolutions.com/contact/\]\(https://www.HarmPreventionSolutions.com/contact/\)](#)