

# 25 Ways to Support Survivors of Trauma

- 1 Listen to and believe them
- 2 Know that trauma can affect all aspects of life: physical, cognitive, physical and spiritual
- 3 Recognize they are the expert on their own life
- 4 Open doors
- 5 Do what it takes, even when you have to work outside the box
- 6 Collaborate, even with systems we don't know or like
- 7 Provide daily resources (diapers, food, etc)
- 8 Remember that trauma can lead to temporary substance abuse
- 9 Help change systems that impact survivors (police, courts, housing)
- 10 Recognize economic security is the key to safety planning
- 11 Know that victimization can tangle survivors in criminal activity
- 12 Let survivors control as much of their process as possible
- 13 Be familiar with legal options
- 14 Understand that survivors may still love the people who are abusing them
- 15 Let survivors move at their own pace
- 16 Understand survivors get arrested; assess for coercive control
- 17 Help survivors create and update solid safety plans
- 18 Help survivors access trauma-informed services
- 19 Consider the impact of oppression on how and where survivors seek help
- 20 Work with survivors in the context of their culture
- 21 Document sparingly and with a trauma-informed lens
- 22 Attend legal and CPS appointments with victims if they feel it would be helpful
- 23 Let survivors sleep and restore themselves
- 24 Support the survivor's authority as a parent
- 25 Ask survivors what they think will help, and then help them get that help

**For more information, contact the Ohio Domestic Violence Network at 614-781-9651 and at [www.odvn.org](http://www.odvn.org). Published as part of the 25 for 25 years of ODVN celebration!**

