

SUPPORTING THE SUPPORTERS

Do you know?

- People working with family violence and other crisis professionals experience large amounts of stress and emotional exhaustion stemming from not only work pressure but also lack of support.
- They'll need help from friends, siblings, and other family members, co-workers, as well as health professionals. If they do not get the support they need, they'll quickly burn out.
- But it is not always easy to ask for help, even when they desperately need it.

Opportunities to support

- Shift project:

<http://preventdomesticviolence.ca/>

- Family Violence Prevention Month:

http://www.edmonton.ca/programs_services/for_family_individuals/family-violence-prevention.aspx

- Other events on Calendar of Health Promotion Days:

<http://www.hc-sc.gc.ca/ahc-asc/calend/index-eng.php>

Your friend or loved one is committed to helping prevent family violence. In your life try to embody the values that you know your loved one or friend holds. Doing this is the best way to support the supporter.

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If you have a friend or family member who works with family and domestic violence on a regular basis, how can you help this person in his or her work?

PREVENTING FAMILY VIOLENCE

Support their needs

Emotional needs

- Listen to the caregivers
- Understand the dynamics of compassion fatigue and vicarious trauma
- Be aware of the burden caregivers carry and try to lighten the load where possible
- Reward caregivers for their work
- Give them healing space and time.

Social needs

- Participate in recreational activities with caregivers
- Join to a religious group, social club or social organization with them.

Physical needs

- Encourage them to exercise regularly. It is a great way to relieve stress and boost energy.
- Encourage them to eat nutritious meals.

Support their work

- Support caregivers' agencies
- Support initiatives like Shift and others that attempt to reduce family violence
- Engage in families and friends networks to prevent family violence and be a role model yourself
- Show your support and understanding at the community and societal level (get involved in social movements).