
10 THINGS YOU CAN SAY TO A FRIEND THAT DISCLOSES

1. I believe you.
2. None of this is your fault.
3. You are not alone.
4. How can I best support you?
5. I'm here if you need me.
6. Whatever you did to survive was the right thing to do.
7. I'm so sorry this happened to you. I'm grateful you're reaching out for help.
8. If you want to talk, I'm here to listen to as much or as little as you would like to share.
9. I can help you look into available resources if you haven't been connected already.
10. Let me know if you would like me to go with you to any appointments to provide support.

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*It is helpful to provide resources, but remember to let the survivor make their own decisions.

*Secondary trauma is real. Remember to self-care as well.