

RESPONDING TO DISCLOSURE.

When someone discloses sexual, domestic or family violence your response is **critical to their recovery** and decisions about what to do next. It can also be distressing.

1. Be compassionate and accept the disclosure:

- Always try to speak one-on-one with the person making the disclosure
- Let them know you believe them and they are not to blame
- Acknowledge and support their emotional responses
- Let them know that it is alright to be upset
- Try to avoid repeated questioning on aspects of their disclosure

2. Acknowledge their safety:

- Acknowledge the distress the person may be experiencing
- Ask the person if they are safe. Consider: Is the abuse still happening? Is the person/s harming them in the workplace? Does the perpetrator know where they live, or are there any other threats?
- Ask the person what they need to feel safe at this point and assess how you may be able to assist, i.e. identify support services

3. Demonstrate respect:

- Acknowledge the trust it took to make the disclosure
- Ask them what they want to happen next
- Explain that you are not a counsellor, you are able to listen and can refer them on while demonstrating respect for their choices



For more advice or support call the National Violence & Abuse Trauma Counselling & Recovery Service on

1800 FULL STOP

 1800 385 578



Full Stop Australia