



Galway Rape Crisis Centre

SERVICES FOR SEXUAL
TRAUMA & ABUSE

Ways to SUPPORT

Guide for friends, family &
supporters in the aftermath
of an Assault

GRCC Helpline:
1800 355 355
www.galwayrcc.org

The Lodge,
Foster Court,
Galway

Ways to SUPPORT

Guide for friends, family & supporters

Listen to whatever they want to share, being heard is important. Do not force them to talk.

Believe what the person is telling you. Do not interrogate or blame them.

Respect any decisions they make and let them lead. Do not put pressure them.

Acknowledge their feelings and reassure them that whatever they feel is natural. Do not have expectations of how they should feel.

Check-in and offer support. Do not assume you know what is best for them.

Self-care is important for you too. It is never easy to hear someone you know is going through this. Look after yourself and avail of any supports too.

**Support is also offered to friends and family.
Call us, GRCC on our Helpline 1800 355 355.**