THE ADVOCACY WHEEL

Empowerment

Respect Confidentiality...
All discussions must occur in private, without other family members present. This is essential to building trust and ensuring her safety.

Believe & Validate Her Experiences...
Listen to her and believe her. Acknowledge her feelings and let her know she is not alone. Many women have similar experiences.

Promote Access to Community Services...
Know the resources in your community. Is there a hotline & shelter for battered women?

Acknowledge the Injustice...
The violence perpetrated against her is not her fault. No one deserves to be abused.

Help Her Plan for Future Safety...
What has she tried in the past to keep herself safe? Is it working? Does she have a place to go if she needs to escape?

Respect Her Autonomy...
Respect her right to make decisions in her own life, when she is ready. She is the expert on her life.

Mental Health System Power & Control

Empowerment

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