

Domestic abuse and coercive control

Choosing a Safer Support Conversation

Adults | 10 to 15 minutes

Control, intimidation, and abuse can restrict access to money, communication, movement, or care. Your options depend on circumstances. If writing or browsing could be monitored, leave this page and use a safer contact method. Seek emergency help for immediate danger when it is safe to do so.

Use only if safe. You may discuss these prompts verbally and keep no written record. Do not disclose plans where someone could monitor them.

Ask about confidential support

A specialist advocate can help explore options without requiring you to leave or confront someone. In the U.S., the National Domestic Violence Hotline offers support. Ask about privacy and reporting limits before providing information that could affect safety.

Keep decisions situation-specific

Consider needs such as children, disability support, pets, transport, documents, or medication access with a qualified advocate. This page does not provide a universal leaving plan; actions that seem protective may increase danger in some circumstances.

1. What kind of support would be useful to discuss privately with an advocate?**2. What device, location, or contact method is safest for that conversation?****3. What practical responsibilities or access needs must any option take into account?****4. What confidentiality or safety question would you like answered before sharing more?****Clinical use and adaptation**

Assess immediate danger and safeguarding duties individually. Avoid couples counseling or communication practice that exposes a survivor to retaliation. Do not pressure leaving, confrontation, reporting, or written documentation. Explain confidentiality and connect to specialist advocacy.