HOW DO I RESPOND TO DISCLOSURES?

- Seek permission — “Can I ask you more about...”
- Get more info — “Tell me more about...”

- “Silent” and “listen” have the same exact letters
- Listening is often what they need most from you
- Poker face — attentive, supportive, nonverbal — no horror faces

- What are they saying, feeling, wanting?
- Be present. Believe. Be non-judgmental.

- Rephrase what they’ve said and been through. Clarify if need be.
- Validate feelings — “Your feelings/reactions are normal for an abnormal situation”

- “Are you in imminent danger?” If so, you can call the police to help.

- “You aren’t alone.” “It’s not your fault.”
- “Help is available.”

- “Do you have friends or family to talk to or to support you as well?”
- Refer to The Aurora Center, SCS, or Boynton.

- “Thank you for trusting me”. “I’m glad you told me.”
- “I believe you.” “I’m here to listen whenever you need.”

CONTACT INFO

24-Hour Helpline: 612-626-9111
Business Line: 612-626-2929
117 Appleby Hall (M-F, 8 am-4:30 pm)
Text the word “TALK” to 612-615-8911 & an advocate will reply (M-F, 8-4:30)

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