Validate and Affirm:
You deserve to be treated with dignity and respect, no matter what. None of this is your fault. You are not alone. I believe you.

"Would it be helpful to talk about some safety strategies and resources?"

Common Forms of Substance Use Coercion:

- Introduction to or escalation of substance use
- Sabotaging treatment access or recovery efforts
- Using stigma to isolate, discredit, or threaten
- Forced use or withdrawal
- Self-medication to cope
- Blaming abuse on use

When You Can Talk Privately:
"People have shared with us that their (ex-)partner pressured them to use substances, use in ways they didn’t want to, or used their substance use as a way to control them. It is common to use substances to deal with physical and emotional pain. If you can relate to any of this, know that we’re here to help."

- If you feel safe
- If you feel ready
- If you feel the need

www.nationalcenterdvtraumamh.org
**Tips for Active Service Connections:**

- Identify local substance use resources that are DV-informed
- Offer: “Would it be helpful to talk about local resources?”
- Help find answers: “What additional information would be helpful?”
- “Would it be helpful to safety plan around accessing resources?”
- Offer to call together and accompany survivor to a first appointment
- Affirm: “It’s okay to try out different types of support to find what works for you.”

**Connect:**
- Call 988 to support a survivor experiencing a suicidal crisis or emotional distress.
- To locate substance use resources:
  - SAMHSA’s National Helpline (800) 662-HELP and (800) 487-4889 (TTY)
  - SAMHSA’s online substance use and mental health information and resource guide: findsupport.gov
  - National Harm Reduction Coalition’s directory: harmreduction.org/resource-center/harm-reduction-near-you
  - Faces and Voices of Recovery’s mutual aid directory: facesandvoicesofrecovery.org/engage/recovery-groups
  - Peer Recovery Center of Excellence’s directory of recovery community organizations: peerrecoverynow.org/resource-library/rco-directory
  - HRSA’s Find A Healthcare Center locator: https://findahealthcenter.hrsa.gov

**Safety Plan: Access and Autonomy**
- Actively Listen and Provide Strengths-Based Support:
  - “How’s your partner’s behavior been affecting you?”
  - “What’s been helpful as you’ve been going through this?”
  - “How are the other people in your life supporting you?”
  - “What are some things you’re already doing to keep yourself (and your children) as safe as possible?”
  - “What other supports would be helpful?”

- Collaboratively Safety Plan:
  - Accessing and staying connected to any desired substance use support resources
  - Mitigating threats to disclose protected health information
  - Mitigating threats to parent-child relationships
  - Economic barriers or financial control by an (ex-)partner

**National domestic violence hotline**/المركز الوطني لمكافحة العنف الأسري
RAINN National Sexual Assault Hotline / المركز الوطني لمكافحة الاعتداءات الجنسية
StrongHearts Native Helpline / القلب القوية
Love is Respect (for teenagers) / الحب احترام (للمراهقين)