

## **6. Supporting Survivors and Responding**

My name is Ashley Callingbull, a member of the Enoch Cree Nation, and Mrs. Universe 2015.

Domestic violence is a serious problem in Indigenous communities, but we have the resources to prevent it. Strong relationships and connected communities are our best resources to respond to and heal from violence.

It takes strength and courage to be honest about domestic violence. So, if someone shares their story with you, choose to believe what they say, let them know their feelings are normal, and help them create a safety plan.

For more information on safety planning, call StrongHearts, a 24/7 Native Helpline, at 1-844-7NATIVE (or 844-762-8483) or visit <https://strongheartshelpline.org/> to chat with a Native relative today.

It takes help to heal. Our healing begins with us.