

iCare™

DON'T NOT DO SOMETHING

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Did you know that people make decisions about their behavior based upon the reactions of others? On the **LAST FRIDAY IN OCTOBER**, join us as we **TAKE A STAND** to let abusers know their behavior is not acceptable. MyHarmonyHouse.org/icare

TO DONATE: TEXT HHICARE TO 44321

Take a stand by interrupting and challenging situations that normalize discrimination and potential violence.

Before stepping in, try the ABC Approach:

- **Assess** for safety - if you see someone in trouble, ask yourself if you can intervene safely.
- **Be** in a group - It is safer to call out behavior or intervene in a group
- **Care** - Talk to the person who you think needs help and ask if they are okay.



IF YOU NEED HELP NOW, CALL

800.831.6863

Presented by:

