



# Elephant in The Room Q & A

Chartiers-Houston (DVSSP)

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\*\*This document can also be accessed at <https://www.bloom365.org/faqs>

### Resources:

*\*For additional resources, please visit [bloom365.org/resources](https://www.bloom365.org/resources)\**

<p><b>BLOOM365 Peer Support Helpline</b></p>	<p><b>Text or call a BLOOM365 advocate for free, confidential support.</b>  <b>Text/Call: 1-888-606-HOPE (4673)</b>  <b>Monday-Friday from 3PM-9PM (MST)</b></p> <p>To reach a specific advocate directly, please feel free to contact our Helpline and tell us who you would like to speak to.</p>
<p><b>Domestic Violence Services of Southwestern PA (DVSSP)</b></p>	<p><b>24/7 Hotline</b>  <a href="http://www.peacefromdv.org/hotline">www.peacefromdv.org/hotline</a>  <b>WASHINGTON COUNTY: 800-791-4000 or 724-223-9190</b>  <b>GREENE COUNTY: 724-852-2463</b>  <b>FAYETTE COUNTY: 724-439-9500</b></p>
<p><b>Teen Lifeline</b></p>	<p><b>Text or call 602-248-TEEN (8336) for free, confidential support 24/7 relating to suicide, depression, bullying, or relationships.</b></p>
<p><b>National Teen Dating Violence Hotline</b></p>	<p><b>Text "LOVEIS" to 22522 24/7</b></p>
<p><b>National Domestic Violence Hotline</b></p>	<p><b>1-800-799-SAFE (7233)</b></p>
<p><b>National Sexual Assault Hotline</b></p>	<p><b>1-800.656.HOPE (4673)</b></p>
<p><b>Suicide Prevention Lifeline</b></p>	<p><b>1-800-273-TALK (8255)</b></p>

**\*Content Warning:** For some, Elephant in the Room Cards are places where they might disclose trauma, violence, or harm. We encourage you to proceed with caution if you have experienced power-based violence or abuse of any kind. If you need support, you can reach out to the Hotlines listed above.

**Q: Student**

**A: BLOOM365 Advocate**

**Q: I don't like this**

**A:** We appreciate your feedback! If there is anything we can do to change our approach or any feedback you can provide, please feel free to reach out to us Mon-Fri, 3-9PM AZ time by call/text at: **1-888-606-HOPE (4673)**. If you want to talk through any of the topics that came up during the Doses or any questions you may have, we encourage you to reach out to a DVSSP or BLOOM365 Advocate for support. We are here for you!

**Q: Personally not abuse my mom goes through it with the dude she stuck with**

**A:** We are sorry that your mom has experienced abuse in her relationship. It can be very difficult to watch someone close to you as a victim or perpetrator in an abusive relationship, and we understand wanting to help them. Please know that it is not your responsibility to intervene, but there are some ways you can help if you so choose. For one, you can serve as a supportive person in her life and let her know that you are there for her. If you feel comfortable, you can give her the number to the National Domestic Violence Hotline (1-800-799-SAFE (7233)). Don't be discouraged if she is not ready to make the call. Remember the importance of not blaming the victim and understand there are a lot of barriers to leaving an abusive relationship. If you are concerned about your or your mom's safety or ever want to talk more about this, please contact a DVSSP or BLOOM365 advocate at the number above.

**Q: Thank you again :) This dose hit me hard :(**

**A:** We understand some of the Doses can be tough if we've witnessed or experienced interpersonal violence. We encourage you to take care of yourself during and after the Doses– this might look like doodling during tougher topics or even taking space and stepping out of the room if that will help. If you'd like to talk more about how you're feeling or for additional support, feel free to reach out to a DVSSP or BLOOM365 Advocate at the numbers listed above.