



Elephant in The Room Q & A

Teen Support Group- CAAFA
Fall 2021

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

Resources:

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

BLOOM365 Helpline	<p>Text or call a BLOOM365 advocate for free, confidential support.</p> <p>Text/Call: 1-888-606-HOPE (4673)</p> <p>Helpline Hours of Operation: Monday-Friday from 3PM-9PM (MST)</p> <p>To reach a specific advocate directly, please feel free to contact our advocacy line and tell us who you would like to speak to.</p>
Teen Lifeline	<p>Text or call 602-248-TEEN (8336) for free, confidential support 24/7 relating to suicide, depression, bullying, or relationships.</p>
National Teen Dating Violence Hotline	<p>Text "LOVEIS" to 22522 24/7</p>
National Domestic Violence Hotline	<p>1-800-799-SAFE (7233)</p>
National Sexual Assault Hotline	<p>1-800.656.HOPE (4673)</p>
Suicide Prevention Lifeline	<p>1-800-273-TALK (8255)</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: My mom has been in an abusive relationship and the man is still around. He hasn't been physically around lately but he still calls her. I would like to know if you could possibly call my mom to help her let go of the relationship. I just don't want her to know that I wrote this

A: Thank you for reaching out. We want you to know that you are not alone, and we are glad that you reached out for support. Everyone deserves to feel safe and respected in their relationships. We are sorry that you and your mom have had this experience. Even though this man hasn't been physically around lately, abuse can manifest in different, non-physical ways that oftentimes can lead to physical abuse, as well. It's important that you seek additional help from a trusted adult if you sense that the situation feels unsafe or dangerous, whether he's physically around or not. Oftentimes there are many barriers to leaving an abusive or toxic relationship. Unfortunately, we cannot call your mom, as she hasn't directly reached out to us for help, and we don't want to make anyone uncomfortable by reaching out by surprise. It's important to remember that we cannot force anyone to leave a relationship if they're not ready, but we can check-in and let them know we're concerned about the situation. It might also be helpful to ask another trusted adult to talk to your mom about what's going on. Please remember that it is not your responsibility to intervene, and your safety is priority. It might be helpful to share the National DV Hotline with your mom so she has a 24/7 resource, if needed. They can be reached by calling 1-800-799-7233 or texting "START" to 88788, or via chat, at thehotline.org. You can also utilize the National DV Hotline for additional support 24/7. For additional free, non-judgmental, confidential support, feel free to reach out to our Helpline via text/call at 888-606-4673, or via chat at bloom365.org. We are here for you!