

Is someone you know heading down the wrong path?

You can help

Early support can help stop people turning towards violent extremism. Find out how.

What to look out for

Have you been noticing changes in a loved one? Perhaps they are more withdrawn than usual, spending a lot of time alone on the computer, acting with more aggression, or becoming less tolerant of others in the community.

These are some of the signs that someone you know may need help. Sometimes when people feel alone or misunderstood, they find a sense of belonging with extremist groups who prey on their vulnerabilities.

These groups promote, justify and encourage the use of violence to achieve their own political, social, religious or ideological change. Our aim is to protect people from going down this path.

Your role is critical

You are best placed to identify when those around you may be going down a negative path. It sounds so simple but sometimes a good ear is all it takes to help someone you care about. By listening without judgement, you can help someone feel accepted and find a sense of belonging, before they seek connection from groups that support violence. By creating an environment where healthy discussion is encouraged and people feel comfortable to express their ideas, you can promote positive connection and divert someone away from the dangers of extremism.



Step Together is here to help



Step Together is a helpline and digital support service for people seeking advice on how to support loved ones and protect them from involvement in violent extremism. In a safe and confidential space, qualified support workers can guide you in helping others and connect you with appropriate support services in your community.

For confidential advice and support:

**Call us on 1800 875 204
or visit steptogether.nsw.gov.au**

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