

What services are available for Veterans experiencing violence?

- Treatment for injuries
- Counseling and support
- Assistance with goal setting and safety planning
- Referral to emergency shelter and other housing options
- Connection to community-based agencies for legal assistance, advocacy, support groups
- Information about services and benefits available to you

For more information contact:

Jesse Brown VAMC

Intimate Partner Violence (IPV)
Assistance Program Coordinator

312-569-8603

For 24/7 assistance and more information:



Veterans Crisis Line

Call **800-273-8255**

Text **838255**

Visit/chat

veteranscrisisline.net



National Domestic Violence Hotline

Call **800-799-SAFE (7233)**

TTY **800-787-3224**



Illinois Domestic Violence Hotline

Call **1-877-863-6338**

Jesse Brown VA

Intimate Partner Violence Assistance Program



Veterans deserve healthy relationships.

VA can help.



VA



U.S. Department of Veterans Affairs

Veterans Health Administration
Patient Care Services
Care Management and Social Work

Intimate Partner Violence (IPV)

IPV is physical abuse, sexual violence, emotional and psychological aggression, as well as stalking and financial abuse by a partner.

Does your partner:

- Criticize you or call you names?
- Monitor your phone calls and texts?
- Discourage you from seeing family and friends?
- Accuse you of having affairs?
- Destroy items you care about, such as photos or clothes?
- Hurt you, then later deny it or blame you?
- Threaten to hurt you, themselves, loved ones, or pets?
- Pressure you to have sex or hurt you sexually?
- Give you gifts or apologize after being violent or hurtful and promise that it will never happen again?

**It's Not Your Fault.
You Deserve to be Safe.**

**The IPV Assistance
Program provides help to Veterans, Veteran partners and VA employees**

Safety Planning 101

A safety plan can help you avoid dangerous situations and know the best way to react when you're in danger.

Safety Planning Tips:

- Identify friends or family members you can turn to for help.
- Make sure your cell phone and other devices can't be tracked. Change usernames and passwords. Check privacy settings on social media accounts.
- Plan ahead. Think about rooms without outside doors and kitchens and bathrooms which have weapons, hard surfaces, and glass. Avoid these during a violent incident.
- If you need to leave in a hurry, have a "go bag" that contains important items and/or copies of important documents.

For help with safety planning, contact the IPV Assistance Program or any of the hotlines listed in this brochure.

Talk to your provider about how IPV might be impacting your health.

- Difficulty sleeping
- Depression
- Fatigue
- Anxiety
- Headaches
- Panic attacks
- Chronic pain
- Post-traumatic Stress
- Frequent stomach or chest pain
- High blood pressure
- Alcohol, tobacco or substance use
- Thoughts of hurting yourself or others

Online Resources

Illinois Coalition Against Domestic Violence: www.ilcadv.org

DomesticShelters.org is a national online database of DV/IPV shelters, counseling and legal services: domesticshelters.org

National Coalition Against Domestic Violence provides online safety planning tool and links to state coalitions: ncadv.org

National Domestic Violence Hotline provides 24/7 hotline and online chat services and resources: thehotline.org

One Love Foundation has a free relationship assessment and safety planning app: joinonelove.org