

YOU ARE NOT ALONE!

POLICE AND EMERGENCY SERVICES

Emergency	911
Prince Albert Police	306-953-4222
RCMP	306-765-5500

SUPPORT SERVICES

Children's Haven	306-922-4454
Indigenous Hope for Wellness	1-855-242-3310
PAGC Family Violence Program	306-765-5300
PA Foodbank	306-763-5040
PA Métis Women's Association	306-763-5356
PA Mobile Crisis	306-764-1011
PA Safe Shelter for Women	306-764-7233
PA Victim Services	306-953-4357
SK Legal Aid	1-800-667-3764
211 Saskatchewan	211
Victoria Hospital	306-765-6000

SHELTER, HOUSING & INCOME SUPPORT

Northern Spruce Housing	306-922-4122
PA Housing Authority	306-953-7420
PA Income Assistance	306-953-2345
PA Safe Shelter for Women	306-764-7233
PA Social Services	306-953-2422
YWCA Our House Men and Women	306-922-6162
YWCA Women & Children	306-763-8571

COUNSELLING

Healthline and Counselling	811
Kids Help Phone	1-800-668-6868
PA Addiction Services	306-765-6550
PA Catholic Family Services	306-922-3202
PA Mental Health Outpatient Services	306-765-6055
PA Sexual Assault Centre	306-764-1039

INFORMATION & SUPPORT LINKS

<https://pathssk.org/go-guide/>
<https://www.saskhealthauthority.ca/your-health/conditions-diseases-services/healthline-online/aa60917>

If you are experiencing
Intimate Partner Violence
it is ***not your fault***
and ***you are not alone.***



Shoohkayhtamihk (Strong-Willed) Project

INTIMATE PARTNER VIOLENCE

can happen to anyone...



WHAT IS INTIMATE PARTNER VIOLENCE (IPV)?

“Intimate Partner Violence (IPV), also referred to as domestic violence, impacts people of all ages, genders, cultures and socio-economic backgrounds. The term IPV does not just refer to physical violence but encompasses psychological, emotional, verbal, financial, sexual and spiritual abuse; excessive jealousy and control; stalking and harassment; and murder.”

Provincial Association of Transitional Houses and Services Saskatchewan
retrieved August 28, 2024 from <https://pathssk.org/key-insights-ipv-in-saskatchewan/>

DOES YOUR PARTNER...

- Hit, kick, shove or injure you?
- Use weapons/objects against you or threaten to do so?
- Force or coerce you to engage in unwanted sexual acts?
- Threaten to hurt you or others, have you deported, disclose sexual orientation or other personal information?
- Control what you do and who you see in a way that interferes with your work, education or other personal activities?
- Use technology to track, monitor or frighten you?
- Steal or destroy your belongings?
- Constantly criticize you, call you names or put you down?
- Make you feel afraid?
- Deny you basic needs such as food, housing, clothing or medical or physical assistance?

If you've answered yes to any of the questions above, know help is available. Please see the **You are Not Alone** section.

National Resource Center on Domestic Violence (n.d.). *Finding Safety & Support: Domestic Violence Putting it Together*. United States. https://vawnet.org/sites/default/files/assets/files/NRCDV_FindingSafety-English-Updated2023.pdf

CYCLE OF ABUSE



Adapted from Wikimedia Commons Avanduyn (2009) Cycle of Abuse Chart. https://commons.wikimedia.org/wiki/File:Cycle_of_Abuse.png

IPV IN SASKATCHEWAN

Saskatchewan has the highest rate of Intimate Partner Violence in Canada.

- ➔ According to Statistics Canada, the number of Intimate Partner Violence Incidents reported to police in 2022 in Saskatchewan was 732 per 100,000 people.
- ➔ Saskatchewan also had the highest rate of family violence reported to police at 730 victims per 100,000 people.

This means that in 2022, Saskatchewan reported Intimate Partner Violence occurrences to police at almost **THREE TIMES** the rate per capita as Ontario.

Statistics Canada, *The Daily, Trends in police-reported family violence and intimate partner violence, 2022*. <https://www150.statcan.gc.ca/n1/daily-quotidien/231121/dq231121b-eng.htm>

Friends and family can be useful supports in finding the courage to ask for help. You do not have to go through the journey alone.



SAFETY PLANNING

Safety planning has helped many people in IPV relationships. Safety plans are helpful in case of emergency, for those who are leaving an IPV relationship or staying in one. Some parts of a safety plan may include:

- ➔ Consider telling others you trust, such as friends, family, neighbors and co-workers, what is happening and talk about ways they might be able to help.
- ➔ Memorize emergency numbers for the local police, support persons and crisis hot-lines.
- ➔ Identify escape routes and places to go if you need to flee from an unsafe situation quickly.
- ➔ Talk with your children and/or other household members about what they should do if a violent incident occurs or if they are afraid.
- ➔ Put together an emergency bag with money/ checkbooks, extra car keys, medicine, and important papers such as birth certificates, social insurance cards, drivers license, and health cards. Keep it somewhere safe and accessible, such as with a trusted friend or at your place of work.
- ➔ Trust your instincts — if you think you are in immediate danger, you probably are.
- ➔ If you are afraid for your safety and want the police to come to where you are now, call 911.

National Resource Center on Domestic Violence (n.d.) *Finding Safety & Support: Domestic Violence Putting it Together*. United States. https://vawnet.org/sites/default/files/assets/files/NRCDV_FindingSafetyEnglish-Updated2023.pdf