

Who is at risk for experiencing intimate partner violence?

Everyone. However, there are certain groups who are at higher risk of violence than others, such as females between the ages of 18-35 and female veterans (Veterans Health Administration, 2013).

I am worried about a friend.

What are some of the warning signs of intimate partner violence?

Warning signs include: unexplained or repeated injuries, delay in seeking care, injuries during pregnancy, multiple ER visits, suicide attempts, substance use, fearful or evasive behavior, and lack of independence, among other signs.

What are some ways to prevent the use of violence?

Seek treatment for mental health and substance use issues, including PTSD. Receive support for managing chronic pain. Seek employment and financial support when needed. Learn how to handle conflict in healthy ways, by participating in therapy or conflict resolution programs. Have a support system and do not be afraid to ask for help.

# Department of Veterans Affairs Intimate Partner Violence (IPV) Assistance Program

## Mission

Our mission is to implement a comprehensive person-centered, recovery oriented assistance program for Veterans, their families and Caregivers and VHA employees who use or experience intimate partner violence.



#ENDDOMESTICVIOLENCENOW

## VA IPV Resources

- IPV Coordinators
- Link to community-based support groups
- Link to community-based advocacy and Legal services
- Referral to and coordination with other VA treatment providers
- Connection to domestic violence shelters
- Homeless services: HUD-VASH and GPD
- Interventions for Veterans who use violence

## Safety Planning Tips

- When tensions are mounting, try to avoid rooms without outside doors and kitchens and bathrooms which have weapons, hard surfaces, and glass
- Identify friends or family members you can turn to for help
- Pack a “go bag” with ID, important papers, phone numbers, medications, money, keys, clothing, etc. and hide it where you can get it quickly
- National DV Hotline: 800-799-7233
- Call 911 in emergency situations

## Women’s Health

- Call **855-VA-WOMEN**
- Visit [womenshealth.va.gov](http://womenshealth.va.gov)

## Mental Health

- Call **800-273-8255**
- Visit [mentalhealth.va.gov](http://mentalhealth.va.gov)

## National Center for PTSD

- Call **802-296-6300**
- Visit [ptsd.va.gov](http://ptsd.va.gov)