

**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
- Thoughts of hurting yourself or others
- High blood pressure
- Alcohol, tobacco or substance use

### Online Resources

**Illinois Coalition Against Domestic Violence:** [www.ilcadv.org](http://www.ilcadv.org)

**DomesticShelters.org** is a national online database of DV/IPV shelters, counseling and legal services: [domesticshelters.org](http://domesticshelters.org)

**National Coalition Against Domestic Violence** provides online safety planning tool and links to state coalitions: [ncadv.org](http://ncadv.org)

**National Domestic Violence Hotline** provides 24/7 hotline and online chat services and resources: [thehotline.org](http://thehotline.org)

**One Love Foundation** has a free relationship assessment and safety planning app: [joinonelove.org](http://joinonelove.org)