



STVHCS Intimate Partner Violence (IPV) Assistance Program

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If you are experiencing violence in your relationship, it is not your fault.
You do not deserve to be hurt.
VA can help.

What is intimate partner violence?

Intimate Partner Violence (IPV) is physical and sexual violence, emotional and psychological aggression, as well as stalking and financial abuse by a current or former intimate partner. IPV can occur between heterosexual or same-sex couples and does not require physical intimacy or for partners to live together. Examples of intimate partners can include current or former spouses, boyfriends or girlfriends, dating partners, and sexual partners (CDC, 2016).

Who is at risk for experiencing IPV?

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).

What are some of the warning signs of IPV?

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.

STVHCS services for Veterans experiencing violence:

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

Safety Planning Tips

It is important to have a safety plan while living with an abusive partner, when preparing to leave, and when leaving the relationship. It is also helpful to have a safety plan for emergencies, e.g. during a violent incident.

When tensions are mounting, try to avoid rooms without outside doors and kitchens or bathrooms which have weapons, hard surfaces, and glass.

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 and check privacy settings on social media accounts.

Pack a "go bag" with ID, important papers, phone numbers, medications, money, keys, clothing, etc. and hide it where you can get it quickly.

Call 911 in emergency situations.

For more information about safety planning, contact the IPV Assistance Program Coordinator or any of the hotlines listed below.

Veterans Crisis Line

Call **800-273-8255 (Press 1)**

Text 838255

Visit/chat veteranscrisisline.net

National DV Hotline

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

TTY 800-787-3224

Visit/chat thehotline.org

Texas Helpline

Call **2-1-1 or (877) 541-7905**

Visit www.211texas.org



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