



ARC Mental Health Information Series

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Intimate Partner Violence

Statistics Canada reports that 44% of women 15 years of age and older who had ever been in an intimate partner relationship- or about 6.2 million women- reported experiencing some kind of psychological, physical, or sexual violence in the context of an intimate relationship in their lifetime. Among men, 4.9 million reported experiencing intimate partner violence in their lifetime, representing 36% of men.



Intimate Partner Violence can come in different forms:

- Physical abuse involves physical behaviors, such as slapping, punching, kicking, burning, grabbing, or pulling hair.
- Sexual abuse involves coercing a partner into sexual activity to which they do not consent.
- Emotional abuse involves tactics include constant criticism, name-calling, and other attempts to diminish a person's self-esteem.
- Economic abuse involves attempts to harm a partner financially. This could involve controlling the finances, stealing money from a partner, or withholding financial resources.
- Psychological abuse involves the use of tactics to instill fear in their significant other. This could include threats to harm the partner or their children, destruction of property, intimidating behavior, or isolating the person from friends and family.
- Technological abuse involves the use of devices like phones and computers to intimidate or mistreat a partner. A technologically abusive partner may monitor their significant other's internet activities, break into email accounts, or install location-tracking devices to monitor their partner's whereabouts at all times.



Consequences

The distress of being exposed to ongoing abuse and violence can cause depression as well as other mental and physical health problems. Over time, the partner's intimidation tactics, threats, and physical or verbal assaults can also take a toll on a person's self-esteem and sense of safety.

Mental health impacts include:

- Obsessive-compulsive behavior
- Somatic symptoms
- Sensitivity to the emotions of others
- Depression & Anxiety
- Development of phobias
- Paranoia
- Psychotic symptoms
- Hostile behavior
- Post Traumatic Stress Disorder

Physical health impacts include:

- Injuries
- Chronic pain disorders
- Chronic fatigue disorder
- Gastrointestinal disorders
- Sleep disorders
- Sexual dysfunction
- Menstrual cycle or fertility issues in women
- Heart disease and high blood pressure

Children exposed to domestic violence in the home can develop the same mental and physical health problems as a person who experiences the violence directly.

Resources available

SOS violence conjugale 1 800 363-9010 — 24/7 www.sosviolenceconjugale.ca
Inform'elle Free legal information for women. 450 443-8221 www.informelle.org

Resources for men experiencing violence or committing violence in a relationship
www.entraidepourhommes.org (450) 651-4447

Pavillon Marguerite de Champlain

Services are intended for women who are experiencing intimate partner violence and their children. Services include temporary housing (2 months maximum), telephone services 24/7, individual and group classes, activities for the children. Located in St-Hubert.
Telephone: (450) 656-1946 Website: www.pavillonmarguerite.com

Maison Simone Monet Chartrand

Services include support and emergency shelter for women experiencing intimate partner violence. The home is located in Chambly.
Telephone: (450) 658-9780 Website: www.maisonsmc.org

La Maison Hina

Emergency shelter in Saint-Jean-sur-Richelieu that offers free support 24/7 for women who experience intimate partner violence. Maison Hina offers a telephone line, community support and emergency shelter.
Telephone: (450) 346-1645 Website: www.maisonhina.com



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