

ARE YOU A VICTIM?

A victim is the individual, family or friend who has suffered or been affected by a crime or tragedy such as:

- ✍ *Residential Break-in*
- ✍ *Sexual Assault*
- ✍ *Physical Assault*
- ✍ *Robbery*
- ✍ *Theft*
- ✍ *Homicide/Traffic Fatalities/Suicide*
- ✍ *Child abuse/third party assault*
- ✍ *Threats/harassing phone calls/mischief*
- ✍ *Domestic violence*

QUOTES:

"This is one experience that one does not plan for, is not prepared for, has no knowledge of who or where to turn."

"The emotional trauma...is the least evident and understood but often the most brutal effect of crime.."

VICTIM REACTIONS

Some people may have trouble understanding their feelings and actions after a crime or tragedy. It is important to remember that these are normal reactions to an abnormal situation. Some of the reactions you may experience are:

- ✍ *Fear*
- ✍ *Anger*
- ✍ *Sleeplessness*
- ✍ *Flashbacks/Nightmares*
- ✍ *Nervousness*
- ✍ *Guilt*

What can you do about it? Don't keep it inside; one of the most helpful things to do is to talk it out. Talk to family, friends or relatives. If you have no one to talk to, or no one who will listen, call the Victim Service Unit. We'll listen and we'll try to help, or we will refer you to someone who can.

The investigating officers will be able to help you obtain immediate assistance. The Victim Service Unit provides a follow-up response to this, by telephoning, personally visiting or by sending a letter offering support, information and referral details when appropriate.

**PLEASE FEEL FREE TO
CALL US AT 986-6350.**

SERVICES PROVIDED

WE OFFER:

- ✍ emotional support
- ✍ information on your case
- ✍ help to understand "the system"
- ✍ court updates
- ✍ referral to other appropriate agencies
- ✍ home and hospital visits
- ✍ crime prevention
- ✍ presentations to community groups

WE EXPLAIN:

- ✍ police procedures
- ✍ the court process
- ✍ how to apply for court orders and what they mean

WE ASSIST:

- ✍ by referring to other agencies (ie. injury compensation, shelters, etc.)
- ✍ in making a confusing system less overwhelming for victims
- ✍ in police/public education re: victims needs

A message from the
WINNIPEG POLICE SERVICE

The effects of crime and tragedy are all around us. Many of us have been victims or know of a victim or a family that has suffered the impact of a crime or tragedy.

Besides experiencing confusion, fear and anger, victims often have to deal with a number of problems involving emotional and physical injuries, issues with finances and employment, and conflicts with family.

There may be confusion with the justice system, questions about the investigation and a need to know exactly what is happening.

The Winnipeg Police Victim Service Unit is dedicated to helping victims.

If you are having problems or have questions, feel free to contact this Unit at 986-6350.

RESOURCES

Winnipeg Police Service

Emergency	911
Non Emergency	986-6222
Victim Service Unit.....	986-6350
Community Services (Crime Prevention and School Resource Units)	986-6322

Other Community Services

Domestic Violence Crisis Line (24 hours)	942-3052
Sexual Assault Crisis Line	786-8631
Suicide/24 hour Crisis Line.....	786-8686
Age and Opportunity Centre	956-6440
Elder Abuse Resource Centre	956-6449
Child and Family Services:	
Days.....	944-4200
After Hours.....	944-4050
Immigrant Womens Association of Manitoba Inc.	989-5800
Ma Mawi Wi Chi Itata Centre.....	925-0300
City/Provincial Emergency Social Assistance:	
Days.....	948-4000
After hours.....	945-0183

Shelters

Osborne House	942-3052
Ikwe-Widdjitiwin	987-2780
Salvation Army Mens Residence	946-9402

Court Based Programs

Victim/Witness Assistance Program	945-3594
Child Abuse Witness Program	945-0662
Women's Advocacy Program	945-6851

**WINNIPEG
 POLICE SERVICE**



We Provide:

- ▶ Emotional Support
- ▶ Police and Court Information
- ▶ Referral

To those affected by Crime and/or Tragedy

Call: 986-6350

P.O. Box 1680
 Winnipeg, MB., R3C 2Z7

FAX: 957-2450

VICTIM SERVICE UNIT