Intimate Partner Violence
School for Military Veteran Caregivers and Families

Tips: Important Strategies

- Recognize the signs of a healthy relationship.
- Learn the warning signs of unhealthy relationships so you can recognize them if you experience them.
- Be aware of how interpersonal violence (IPV) may present in a relationship. Remember, IPV doesn’t look the same in every relationship because every relationship is different.
- Keep in mind, you are not alone. If you are experiencing IPV there are people available to talk to 24/7/365. See resources below.
- Know that if you are experiencing IPV, it is not your fault. You are not the cause of the abuse.
- Remember, IPV can be very complicated and complex. Asking for help can make plans more manageable.

Takeaways: Things to Remember

- IPV can take several forms (physical, mental, emotion, sexual, etc.)
- IPV can take place between current or former partners.
- IPV occurs when one partner tries to take, or has, power and control over another partner.
- Asking for help is a sign of strength. See resources below for help.
- Each VA facility has a dedicated IPVAP Coordinator who can provide education, resources, referrals, and coordinates services to promote healthy, safe relationships.
- This short course can’t address every possible circumstance. We encourage you to reach out to the resources listed below for individualized assistance.

Personal Reflection

- The course discussed both healthy and unhealthy signs of a relationship. Consider your own relationship...what do you notice? If you are noticing unhealthy signs or red flags please consider reaching out for help (see resources below). There are people available and ready to help.

Resources

Crisis Lines

- National Domestic Violence Hotline: Call 800-799-7233 or secure online chat at http://www.thehotline.org/what-is-live-chat/
- Veterans Crisis Line: Dial 800-273-8255 and Press ‘1’ to talk to someone

National

- National Resource Center on Domestic Violence
- Stalking Resource Center
- The National Child Traumatic Stress Network
- Battered Women’s Justice Project’s Military & Veterans Advocacy Program
- WomensLaw.org
- Break the Cycle

Veterans Affairs

- The VA’s Intimate Partner Violence Assistance Program
- VA Caregiver Support Program: 855-260-3274
  Stipends are available to caregivers aged 18 and older:
- VA’s Warrior to Soul Mate program

Active Duty

- DoD Family Advocacy
- FOCUS: Resilience Training for Military Families