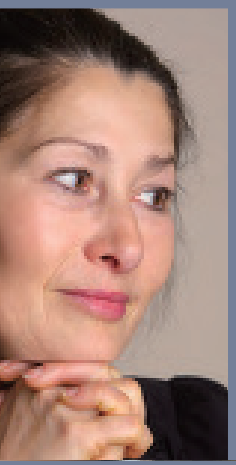
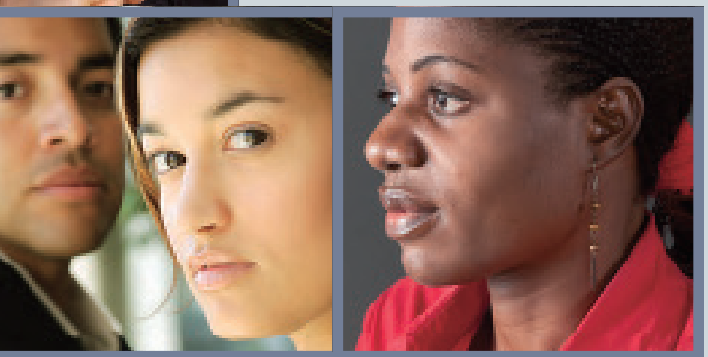


## IPV CAN HAPPEN TO ANYONE.

It happens to people of all genders who have intimate relationships with others.

It can happen to anyone, regardless of age, sexuality, income, race, ethnicity, culture, religion, or disability.



## ADDITIONAL RESOURCES

**VHA Social Work Intimate Partner Violence Assistance Program**
www.socialwork.va.gov/IPV/

**Futures Without Violence**
www.futureswithoutviolence.org

**NATIONAL DOMESTIC VIOLENCE HOTLINE**
1-800-799-SAFE (7233)
Call for 24-hour confidential support, local referrals, safety planning, housing options, and legal resources.
www.thehotline.org

Iowa City VA Intimate Partner Violence Assistance Program
https://www.iowacity.va.gov/services/Intimate_Partner_Violence.asp

Iowa City VA HCS
601 Highway 6 West
Iowa City, Iowa 52246-2208

Intimate Partner Violence Assistance Program Coordinator
(319) 338-0581 ext. 636916

HEALTHCARE EQUALITY INDEX™
HUMAN RIGHTS CAMPAIGN FOUNDATION
2019
LGBTQ HEALTHCARE EQUALITY
LEADER

4/9/2020

VA
U.S. Department of Veterans Affairs
Veterans Health Administration
*Iowa City VA Health Care System*

Is your relationship affecting your health?

Has a partner put you down, threatened or hurt your?

If so, **VA CAN HELP.**

# Intimate Partner Violence (IPV)

# WHAT IS INTIMATE PARTNER VIOLENCE (IPV)?

Intimate partner violence (IPV) occurs when a current or former intimate partner (for example, boyfriend, girlfriend, spouse) harms, threatens to harm, or stalks their partner/former partner.

### EMOTIONAL IPV

Emotional IPV is when a person tries to hurt their partner emotionally and mentally. It is common for emotional IPV to begin before other types of IPV.

Examples include:

- Name calling, putting you down
- Controlling your money or spending
- Keeping you from friends and family
- Bullying, stalking
- Controlling where you go or what you wear

### PHYSICAL IPV

Physical IPV is when a person tries to hurt their partner by using physical force.

Examples include:

- Hitting
- Slapping
- Choking
- Biting
- Shoving
- Kicking
- Restraining
- Hair-pulling

**EVERYONE DESERVES TO FEEL SAFE**

### SEXUAL IPV

Sexual IPV is when a person forces or tries to convince their partner to engage in sexual activities when the other partner does not want to, or is unable to consent (for example, when someone is impacted by alcohol or drugs).

### THREATS OF VIOLENCE

Threats of violence are ways to cause fear through words, actions, or weapons to harm the partner, their possessions, their pets, or their loved ones.

Some people experience only one of these forms of violence while others may experience more than one. IPV can be a single event or can last for many years. No matter what, no one deserves to be treated this way.

# WHAT ARE THE EFFECTS OF IPV

### MENTAL HEALTH

- Sadness
- Feeling "on edge"
- Difficulty concentrating
- Trouble relaxing
- Being stressed out
- Trouble sleeping
- Nightmares
- Feelings of shame or guilt
- Blaming yourself for what happened

### PHYSICAL HEALTH

- Pain
- Headaches
- Pregnancy complications
- Stomach problems
- Bruises/cuts
- Broken bones
- Fatal injuries
- Female health problems

### SOCIAL HEALTH

- Avoiding new relationships
- Feeling uncomfortable or unsafe in relationships
- Money problems
- Difficulties trusting people
- Pulling away or isolating from friends and family
- Homelessness
- Job issues

MANY PEOPLE WITHIN VA CAN
**HELP YOU GET SERVICES**

Contact your local VA clinic and ask to speak with a social worker or the Intimate Partner Violence Assistance Program Coordinator.

VA employees who are impacted by IPV can also contact the IPVAP Coordinator.

VA can provide community referrals for things such as legal advice, shelters, and support groups.

Talk to your primary care provider and they can refer you to a mental health specialist, such as a social worker or psychologist.