

Being the victim of a criminal act causes reactions and consequences that can influence your daily life.

The intensity of emotions varies from one person to another. Despite this fact, the reactions and consequences that victims live through, are **NORMAL**.

It is possible that you are going through difficult emotions after a crime.

It is important to talk about it with someone:

- parent
- friend
- police officer
- social worker
- doctor
- or any other person that you trust

Get the information you need at the Crime Victims Assistance Centres (CAVAC).

The CAVAC offers free and confidential services that are designed specifically for people that have been victims of a criminal act.



CRIME VICTIMS
ASSISTANCE CENTER

Support, Help and Resources

CAVAC network offers a wide range of services...

- ... **post-trauma and psychological intervention**, to assess the needs of victims of crime and their resources, following which an intervention is offered to alleviate the consequences of the victimization and allow victims to regain control of their lives;
- ... **information on the rights crime victims have and the remedies available to them**, which encompasses the main stages of the judicial process, the crime victims compensation program, INFOVAC-Plus and any financial assistance measures to which victims may be entitled;
- ... **technical assistance** to assist crime victims in filling out required forms and to enable them to comply with all formalities associated with their situation;
- ... **referring victims to specialized services** such as the appropriate legal, medical, social and community resources capable of assisting victims as they attempt to deal with the problems they face;
- ... **accompanying crime victims** through their dealings with medical and community resources, and providing sustained support throughout the judicial process as the case proceeds.

1 866 LE CAVAC
WWW.CAVAC.QC.CA

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CRIME VICTIMS
ASSISTANCE CENTER



Support, Help and Resources

TALK ABOUT IT !

**The reactions and
the consequences
of victimisation**

www.cavac.qc.ca



The reactions of the victim

DURING THE CRIME

- Fear to die
- Strong physical reactions
- Feeling of captivity and helplessness
- Impression of living through a nightmare
- Impression that the aggressor has a grudge against him or her personally

IMMEDIATELY AFTER THE CRIME

- Disorientation
- Apathy
- Refusal to accept what has happened
- Feeling of loneliness
- State of shock

THE FOLLOWING DAYS

- Questions on physical, psychological and mental state
- Hope of feeling better again
- Intensive periods of crises
- Ambivalence in emotions
- Abrupt mood swings

THE FOLLOWING MONTHS

- Aggressive outbursts
- Hatred
- Momentary impression of reliving the crime
- Persistent fear
- Modification of the perception of life
- More stable mood
- Thinks less about the crime, but doesn't forget

The consequences of the victimization

PHYSICAL CONSEQUENCES

- Injuries caused during the assault
- Digestive problems
- Trembling
- Hypertension
- Respiratory problems
- Headaches
- Loss of energy
- Insomnia
- General weakening of immunity system
- Change in sexual habits

PSYCHOLOGICAL CONSEQUENCES

- Anxiety
- Depression
- Anger
- Loss of self-confidence
- Mistrust
- Constant fear
- Feeling out of control
- Feeling powerless
- Feeling of grief
- Feeling guilty
- Flashbacks, recurrent intrusive memories
- Suicidal thoughts
- Nervous fits

FINANCIAL CONSEQUENCES

- Material losses
- Medication
- Hospitalization
- Moving out
- Civil suit
- Loss of income
- Security measures
- Therapy

SOCIAL CONSEQUENCES

- Isolation
- Relational and family tensions
- Fear to be alone
- Increase of use of alcohol, drugs or medication
- Fear to leave the house
- Change of job
- Loss of confidence towards strangers
- Incomprehension by friends
- Temporary inability to return to school

SPIRITUAL AND EXISTENTIAL CONSEQUENCES

- Loss of faith
- Feeling of an existential void
- Modification of values
- Loss of joy in life
- Change of perception

DIFFICULTY IN THE MENTAL PROCESS

- Loss of memory
- Lack of motivation
- Concentration problems
- Confusion
- Difficulty to take decisions