

Resources

ONTARIO NATIVE WOMEN'S ASSOCIATION

- <https://www.onwa.ca>

NAN HOPE - NISHNAWBE ASKI MENTAL HEALTH AND ADDICTIONS PANDEMIC RESPONSE PROGRAM

- <https://www.nanhope.ca>
- Online Referral Form
- 1-844-626-4673 (1-844-NAN-HOPE)

NORTHWIND FAMILY MINISTRIES

- <https://www.northwindfm.org>
- 807-631-7592

CANADIAN CENTRE FOR CHILD PROTECTION INC.

- 1-800-668-6868
- <https://protectchildren.ca/>
- Supporting you through COVID-19:
<https://protectchildren.ca/en/resources-research/supporting-you-through-covid-19/>

ONE IS TOO MANY

- <http://www.1istoomany.ca/>

TALK 4 HEALING

- 1-855-554-HEAL (4325)
- <https://www.talk4healing.com>

myPlan APP

- Available for IOS, Android and Web Browser
- <https://www.myplanapp.org>

SAFETY PLANNING WITH CHILDREN AND YOUTH TOOLKIT

- <https://www2.gov.bc.ca/assets/gov/law-crime-and-justice/criminal-justice/victims-of-crime/vs-info-for-professionals/training/child-youth-safety-toolkit.pdf>

CONTACT US

If you require assistance navigating the legal system or support in the way of dealing with a domestic dispute or a sexual violation let us assist.

E-Mail

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Northwest Region - Survivor Service Worker

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Central Region – Social Service Worker

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Northeast Region – Social Service Worker

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Survivor Assistance Support Program



After Leaving an Abusive Relationship



After Leaving

Leaving an abusive relationship is a very difficult thing to do and it can have a negative impact on your physical, emotional, mental and spiritual health. But the important thing to remember is that you did leave, and it took a lot of strength to do so. Survivors may feel abundance of emotions from anger to guilt and experience post-traumatic stress. Some of the symptoms can be:

- Depression
- Feeling emotionally numb
- Anxiety
- Trouble Sleeping
- Have difficulty maintaining relationships
- Being easily frightened or scared
- Avoid stressful triggers that remind you of being harmed

Take your Time

It is okay to feel your feelings but don't let them swallow you. Each person is different when it comes to healing, so take as much time as you need to fully heal from the abusive relationship.

Talk to Someone

Consider counselling or therapy to talk about what happened. Unloading your emotions and what you went through onto someone else can be beneficial for you and your healing process. If you think counselling or therapy is not for you, try reaching out to an Elder in your community to talk to or assist you in traditional ceremonies for your healing journey.

Find Yourself

Now that you are safe and free from the *harm*, it is time to find yourself again and take control of your own life. When *those who are harmed* in an abusive relationship, *the one who have harmed* controls everything *the one who is harmed* does, thinks and likes. Exploring new healthy hobbies or hobbies you used to enjoy prior to the abusive relationship, some examples are:

- Writing – Journaling, poetry, short stories.
- Reading
- Art – Painting, photography, beading, embroidery
- Meditation, prayer, smudging

Take care of your body

An abusive relationship can have a negative impact on your physical and spiritual self. *Those who are harmed* can suffer from chronic pain, headaches, digestive issues and sleep disorders as a result from the trauma. Learning to take care of your body after an abusive relationship can be very difficult, but here are some small steps you can take:

- Eating something nourishing each day
- Increase your water intake daily, have a water bottle/tumbler by your side
- Rest when you are tired and work towards healthy sleeping habits
- Gentle physical self-care such as baths, meditating, light exercise, going out for walks

Healing for Children

Children suffer from the abusive relationship as well, it can be physical, mental or emotional. Often children can have “invisible wounds” that affect them emotionally and psychologically, children are very good at hiding their problems so it can be hard to notice at first. Some children act out when something is bothering them but not all children will react the same to trauma. Children need to feel safe to be able to heal. Some things you can do to help you child(ren) are:

- Get professional help for your child(ren)—counsellor, therapist, social worker, pediatrician
- Help them feel safe, spend time with them and let them know you love them and that they are safe now
- Talk about domestic violence (in a way that is right for their age, but also be mindful for younger children, sharing too much of your worries or fears may make them more worried or upset.)
- Support, acknowledge their feelings and emotions, let them know it is okay to ask questions and let them tell the story their way
- Let them know and remind them that it is not their fault.
- Talk to them about healthy relationships and boundaries. Let them know no one has a right to make them feel uncomfortable.
- Get back into a healthy routine or one that you had prior to the abusive relationship such as school, extracurricular activities, going out onto the land