

**THIS BOOKLET IS INTENDED  
TO PROVIDE VICTIMS OF  
CRIME WITH INFORMATION  
AND RESOURCES TO HELP  
THEM REGAIN CONTROL OF  
THEIR LIVES.**



## MY WELL-BEING. MY SAFETY. MY LIFE.



Népissiguit Family Services Inc. is a non-profit organization founded in 1984 and governed by a Board of Directors. Our programs and services are based on three pillars:

- ✓ Counselling and Employee Assistance Programs
- ✓ Educational Programs
- ✓ Research and Development

### Our Vision

Encourage self-determination as the approach to address family related concerns in the communities of the Chaleur Region.

### Our Mission

Offer preventive programs and services accessible to all citizens of the Chaleur Region.

Special thanks to **CHARLINE MORRISON** as well as to the following people who have contributed their time and ideas to this booklet:

**ANNE-MARIE, ANNIE, CONNIE, DANY, DIANE, DIANNE, ETIENNE, FAYE, MARC, SEEMA, SIMONNE, VIVIANNE AND WENDY.**

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Caisse populaire Chaleur  
Chaleur Credit Union

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### WHO IS THIS BOOKLET FOR?

This booklet is intended for people who have been victims of a crime. This includes a person who has been directly hurt, as well as someone close to the victim i.e. a parent, child, spouse, close friend or coworker.

### VICTIM OF CRIME...WHAT DOES IT MEAN?

A victim of crime is a person who has suffered emotionally and/or physically as a result of a crime. Someone who has also suffered a loss of or damage to property as a direct result of crime is also a victim.

Office for Victims of Crime (OVC):

<http://www.ovc.gov.on.ca/english/default.html>

### HOW TO USE THIS BOOKLET...

This booklet is for victims of crime and the people who support them. It provides them with information and practical effective ways to improve their quality of life following a crime.

**This booklet is not intended to meet the needs of a person who is in a crisis situation or is emotionally overwhelmed by the events. If you find yourself in either of these circumstances, it is important to communicate with the appropriate services at the following numbers:**

**Emergency: 911**

**Bathurst City Police: (506) 548-0420**

**BNPP Police: (506) 542-2666**

**RCMP: (506) 548-7774**

**CHIMO Help Line: 1-800-667-5005**

**Chaleur Regional Hospital: (506) 544-3000**

**Mental Health Center: (506) 547-2110**

## VICTIM OF FAMILY VIOLENCE

If you are a victim of family violence, along with this booklet, you will also need to access additional information to help you protect yourself and your children. As a victim of family violence you have difficult decisions to make and having basic information about the law, your rights, and the kind of help that is available to you can help you make good decisions. The **Passage House** and the **Approach Services for women and families victims of violence** can offer you support.

No matter what form of violence you have suffered, abuse is never acceptable nor should you or anyone have to put up with it. Everyone has the right to live a life free from fear and violence.

**If you have children, they are witnesses to the violence and they need to be protected. In order to ensure their safety it is very important that you contact Child Protection Services to get the help you need.**



### For more information...

Passage House: (506) 546-9540

Approach Services for woman and families victims of violence: (506) 545-8952

Child Protection Services (Department of Social Development): 1-866-441-4341

Survival Strategies for women victims:

[http://www.legal-info-legale.nb.ca/en/info\\_for\\_abused\\_women\\_survival\\_strategies](http://www.legal-info-legale.nb.ca/en/info_for_abused_women_survival_strategies)

## VICTIM OF CRIME OF A SEXUAL NATURE

Victims of sexual assault face multiples challenges. Not only must survivors cope with the personal violation and the impact of this dehumanizing experience, they must also deal with the ordeal of reporting what happened, identifying the offender and dealing with the complexities of the judicial system.

If you are a victim of sexual assault, you can call the "Libère-toi" helpline at 1 (506) 395-3555 (long distance charges will apply). You can also contact the "Fredericton Sexual Assault Center" at 1 (506) 454-0437 (long distance charges will apply – just leave a name and number and someone will call back in minutes). Another option is to call the Chimo Helpline at 1-800-667-5005. They all provide a bilingual, confidential and anonymous 24 hour crisis helpline.

**If your child reveals sexual abuse, you have the responsibility to make sure your child is out of harm's way and to report the abuse to the police immediately.**

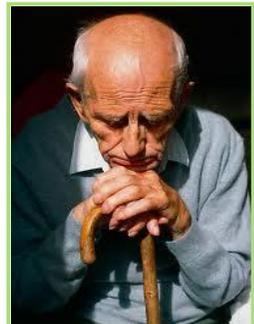
You also need to report this situation to Child Protection Services where you and your child can receive the appropriate support and services.

### For more information...

Help for sexual assault victims:

<http://www.pssg.gov.bc.ca/victimservices/publications/docs/help-starts-here-sexual-assault.pdf>

***If your child reveals sexual abuse, you have the responsibility to keep your child away from the offender and to report the situation to the police immediately.***



## HOW TO BETTER UNDERSTAND THE JUDICIAL SYSTEM

Facing the judicial system, the court and all of the people who represent the law can be a confusing experience filled with fears, frustrations and uncertainties.

Fortunately, there are services which can provide you with information to help you better understand what is going on and what to expect.

The Public Safety Department's *Victim Services Program* can accompany you through the complexities of the criminal judicial system and provide you with the following assistance:



- ✓ Information regarding the judicial system and the judicial processes;
- ✓ A referral for free counseling services in order to help you deal with the trauma related to your victimization;
- ✓ Preparation for court appearances and support in the courtroom;
- ✓ Information about financial compensation available to victims of crime and how to apply for it;
- ✓ Help in preparing a victim's impact statement;
- ✓ Information on the sentence, if the accused is found guilty;
- ✓ A notice of release if the offender has been incarcerated.

**For more information, please contact the  
Victims Services Program's Regional Office:**

**Bathurst Courthouse  
254, St. Patrick Street, First Floor  
Bathurst, Nouveau-Brunswick E2A 3Z9  
Telephone: (506) 547-2924**



## DIFFERENT REACTIONS FOR DIFFERENT PEOPLE...

When you are a victim of crime it is quite normal to feel overwhelmed by what is happening. No matter what emotional effects you may experience, it is most important to try to remain calm. Your emotions are an essential element in helping you maintain **your sense of well-being**. Their intensity lets you know to what degree you have been affected by a situation and also pushes you to take appropriate action in order to adapt to whatever circumstances you find yourself in.

Crime affects everyone differently. Certain people feel strong emotions right after the incident while others only experience these feelings several days or weeks later. As well, it is possible that your reactions will change from one day to the next.

A criminal act can affect you:

**Physically:** with headaches, stomach aches, diarrhea, difficulty sleeping, stiffness in the neck, shoulders and back, lack of energy and general fatigue, loss of appetite or tendency to eat too much "comfort food".

**Emotionally:** with feelings of anger, sadness, irritability, distrust, confusion, powerlessness, numbness, guilt discouragement, worries and anxiety about the future, as well as being afraid that the same situation will repeat itself.

**Our way of thinking:** having the impression that no one understands you, having difficulty concentrating or remembering details, finding it hard to stop thinking about the events and wondering what you could have done or shouldn't have done. Sometimes memories of past stressful events will resurface.

**Our sense of safety:** finding it hard to leave the house or not being able to stay alone.

**All of the emotions you may experience after an incident are part of the healing process.** You can best cope with them by taking care of yourself, surrounding yourself with caring supportive people, and talking about your experience. The old saying "it's good to talk it out" is very true. Often things that are troubling you, can seem much worse when kept to yourself.

### For more information...

Help for victims of crime

<http://www.pssg.gov.bc.ca/victimservices/publications/docs/help-starts-here-victim-crime.pdf>

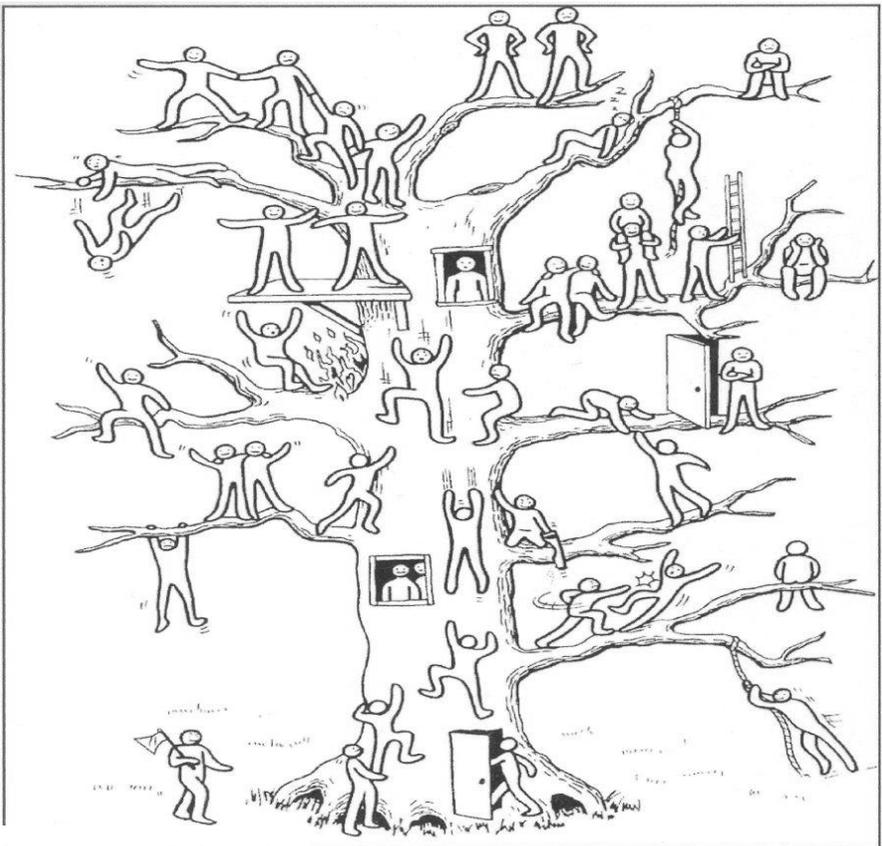


*It is absolutely normal to have a range of different emotions about what happened and sometimes about life in general.*

**WHERE AM I IN MY ROAD TO WELL-BEING AND WHERE AM I HEADING?**

Being able to identify where you are on your journey to well-being can be very helpful in figuring out your next steps. In the picture below, identify which person represents you the best at this very moment. Once you've done that, ask yourself the following questions:

- ✓ Why does this person represent me well?
- ✓ What is particular about what's going on in my life right now?
- ✓ What is preventing me from moving forward?
- ✓ What do I want and need to feel better?
- ✓ What can I do to achieve what I want?
- ✓ Who can help me?



Source: Loft Youth Project, Keith

### ASKING YOURSELF THE RIGHT QUESTIONS...

Knowing what to ask yourself, especially when you are feeling overwhelmed, can be very useful in helping you identify what you can do to feel better.

Now that you have identified and reflected on where you are, what it is you want and what actions will help you get there, use the following questions to help you to figure out what you will need to move your life in the direction you want:

- ✓ Do I need professional help? (see page 10)
- ✓ What happens during a counselling session? (see page 11)
- ✓ Is there anyone in my network of family and friends who could help me? (see page 12)
- ✓ How can I support someone who is the victim of a crime? (see page 13)
- ✓ How can I support my child? (see page 14)
- ✓ The offender is a member of my family... Who can help? (see page 15)
- ✓ I just want to feel safe again... how do I do that? (see page 16)
- ✓ How can I trust others again? (see page 18)
- ✓ What can I do to take care of myself? (see page 20)
- ✓ How can I take care of myself... when I can't change what happened? (see page 22)
- ✓ How do I continue my journey towards well-being? The Survivor Statement (see page 25)



## DO I NEED PROFESSIONAL HELP?

***Asking for help takes a lot of strength and courage.***

***It is also a concrete step to freeing yourself from the power that the criminal act can have over your life***

Your network of friends, family and coworkers are, without a doubt, the people who can best provide you with the caring support you need. Although they will all play an essential role while you are figuring out how to cope with what happened, you may face certain difficulties that could require the help of a professional.

There is no shame in asking for psychological help... actually, **recognizing that you need it and asking for it shows a lot of courage and strength.**

**Here are some circumstances where it is important to get professional help:**

- ✓ Not being able to carry out daily activities; like going to work, taking care of yourself, of your children or the house;
- ✓ Having the impression that no one understands you despite their presence and support, feeling like their advice is useless or finding that people are avoiding you;
- ✓ Not being able to get past the suffering or the trauma and realizing that your usual coping strategies are not working;
- ✓ Having the sense that your feelings of anxiety, sadness, anger, irritability or powerlessness are not diminishing but seem to be intensifying;
- ✓ Finding it more and more difficult to get a good night's sleep;
- ✓ Being afraid of dealing with situations that others around you seem to cope with well;
- ✓ Finding that life doesn't make sense anymore and not having any hope that this will change.

### For more information...

When should I seek professional help?:

[http://www.helpguide.org/mental/emotional\\_psychological\\_trauma.htm](http://www.helpguide.org/mental/emotional_psychological_trauma.htm)

## WHAT WILL HAPPEN WHEN I CONSULT?

Making the decision to get professional help is always a good choice and the results can have a very positive impact on your life. However, the first meeting with a psychologist or counselor can be a stressful experience filled with many uncertainties. Often, people are so fearful of this new experience that they will either keep postponing their appointment or cancel it altogether.

To help you feel more at ease, here is a summary of what you can expect during your first appointment with a psychologist or a counselor:

- ✓ He or she will ask you to describe what is going on that makes your life difficult.
- ✓ It is possible that you will be asked about details regarding your personal life story (your childhood, your teenage years and life as an adult).
- ✓ You could also be asked how the difficulties you are experiencing began, and what helps or makes it worst.
- ✓ Your personal experiences, work, community, family or other types of involvement and obligations can also be part of the conversation during the first appointment.



All of this information could be gathered in one or more meetings if necessary. These facts are very important in helping the psychologist or counselor to determine how to best assist you regain your sense of well-being.

It is important to feel comfortable with your psychologist or counselor. Finding the right person to help you, will allow you to share your experiences and be more receptive to the information the counselor will provide. These two factors are crucial to a successful intervention. Keep in mind that you always

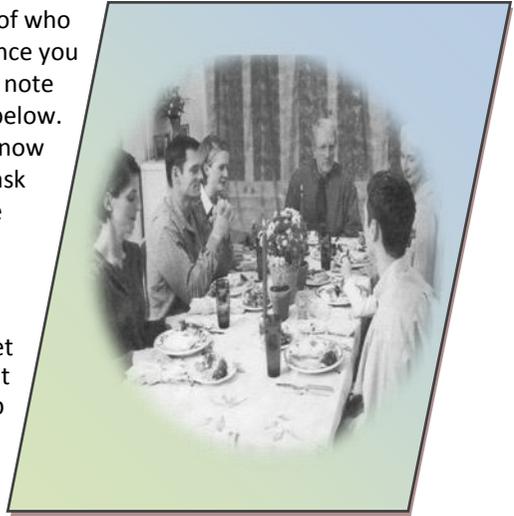
have the choice to continue looking for another psychologist or counselor if you don't feel at ease with the one you have.

**IS THERE ANYONE IN MY NETWORK OF FAMILY AND FRIENDS WHO COULD HELP ME?**

Identifying the people in your network who could provide you with support is an important step in helping you cope with what happened. Members of your family, friends and even your coworkers can all play a role in supporting you.

The first thing you need to do is think of who amongst these people do you trust. Once you have determined who they are, make note of their names in the boxes provided below. Then approach each one to let them know how you think they can help you and ask if they would be willing to provide the support you want and need.

Your family and friends will probably feel worried about you and might not know what to say or do to help you. Let them know that you need to talk about what happened and that they can help you best by simply listening. There are some suggestions that they might find helpful on the next page.



**My support network:**

**My support network:**

**My support network:**

Try not to feel upset if the person you approach can't offer you the kind of support you are looking for. By asking them, you are being respectful of both yourself and them, and you also have the opportunity to really find out in what way they can be there for you.

Be patient with them and with yourself. Don't forget, if family and friends are not able to provide the kind of support you want, there are several community resources that can provide the help you need. (See page 27).

## HOW CAN I SUPPORT SOMEONE WHO IS A VICTIM OF A CRIME?

When a person, who is an important part of your life, goes through a difficult time, it is normal to be upset. There are two reasons that could help explain your unsettled feelings:

1. When someone who is close to you is suffering emotionally, psychologically and /or physically, usually you want to do something to stop their suffering. Yet, you may be unsure if the support you are providing is adequate or appropriate. This could leave you with a feeling of helplessness.
2. You could also be troubled by the crime itself - feel a lot of anger and be afraid or terribly saddened by what happened. In some cases, you may be even more upset than the victim.

Should you identify with either of these, it is important to listen to yourself and to respect your own limits. If you find yourself feeling overwhelmed by the events or by the kind of support you are being asked to provide, you might find the technique described on page 22 to be useful. Should this not help, it may be a good idea for you to seek professional help for yourself.

### **HERE ARE A FEW LISTENING TIPS TO HELP YOU SUPPORT A VICTIM OF CRIME :**



- ✓ While a person shares what happened to them or how they feel, concentrate all of your attention on what is being said so that the person feels heard and understood.
- ✓ Avoid distractions during your conversation. You can avoid being disturbed by planning your meeting ahead of time. If you are not feeling up to giving them the attention they need, it is best to let the person know and make a plan for a time when you can.
- ✓ Listen without saying much. Try to keep your personal views to yourself.
- ✓ Be aware of your own emotions, yet keep them to yourself during the conversation.
- ✓ Do not hesitate to ask questions that will invite the person to open up and express themselves freely. Such as: *“What happened next?”*, *“What did you think?”*, *“How have you been doing?”*, *“How would you like me to help you?”* Etc...

## HOW CAN I SUPPORT MY CHILD?

Supporting a child or grand-child requires great personal strength. In the majority of situations, as a parent, you are also experiencing many strong feelings such as: anger, grief, powerlessness and guilt.

Regardless of the strong feelings you may be experiencing, as a parent or grandparent you must not allow these to interfere with how you support the child victim. It is important to proceed with caution in expressing your emotions in front of a child. This can be confusing, as the child could believe that he or she is causing those emotions. This can complicate an already very difficult situation.

The following information can help you support your child:

- ✓ Try to remain calm and listen attentively. Pay attention to their behaviors. Information on page 9 can help you determine when you should get professional help for your child.
- ✓ Your child may have made a bad choice and placed themselves in a dangerous position. In order to keep the lines of communication open, avoid judging or blaming your child.
- ✓ If you are worried about your child's safety, tell the police and ask them for advice on what you can do to keep them safe.
- ✓ Should you show your anger and frustrations, be sure to reassure your child that you are not upset with him or her.
- ✓ Express your preoccupations, fears, anger and upset feelings to a trusted family member, a friend, or a professional.



***The most important thing is to remain calm. What your child needs to know is that he or she can talk about their experience and feelings without having the sense of upsetting you or being judged.***

### For more information...

Tips for helping your child:

[http://www2.gnb.ca/content/dam/gnb/Departments/ps-sp/pdf/Victim\\_Services/TipsForTeenVictims-e.pdf](http://www2.gnb.ca/content/dam/gnb/Departments/ps-sp/pdf/Victim_Services/TipsForTeenVictims-e.pdf)

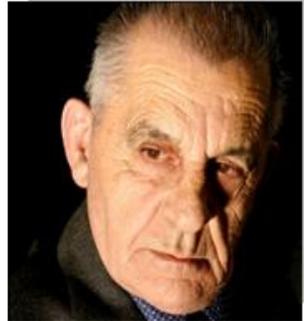
## THE OFFENDER IS A MEMBER OF MY FAMILY...WHO CAN HELP?

When the person who has committed the crime is a member of your family, it is very likely that you will also feel victimized by their criminal behaviors. Even if the effects are less direct, nonetheless the crime and its consequences could still generate in you a range of emotions similar to those of the actual victim of the crime.

The family of the offender can experience any one or all of the following:

- ✓ A confusing mix of feeling anger towards the offender, and sadness at seeing a loved one being arrested or being sentenced for the crime.
- ✓ Loss of privacy because of all of the media coverage surrounding the incident;
- ✓ Being stigmatized by the community, friends and even members of your extended family;
- ✓ Being rejected by friends, family and coworkers in the community, workplace or for children even at school.

As you deal with these consequences, it is important to remember **that it's normal to have these feelings and that you need to deal with them at your own rhythm.** If you are unable to overcome these difficulties by yourself or with the help of the people close to you, do not hesitate to seek professional help.



Having the opportunity to tell your story to someone you trust can provide great relief and can help you identify your emotions and get to the bottom of your thinking patterns. You will then be in a better position to let go of any guilt, anger or shame that you may be feeling.

### For more information...

Information for the family of the offender:

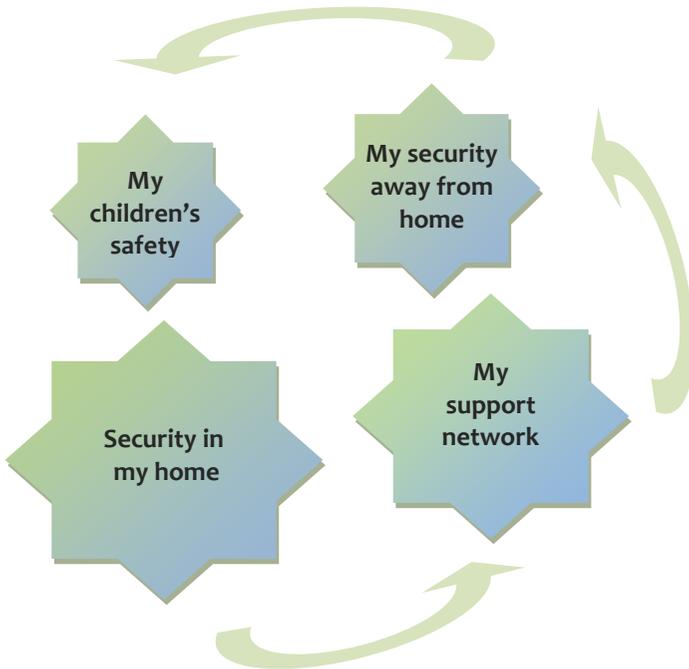
<http://www.cfcn-rcafd.org/text/onestep.pdf>

**I JUST WANT TO FEEL SAFE AGAIN... HOW DO I DO THAT?**

We often hear about a safety plan being used to help women who are victims of family violence, stay safe. Yet, a safety plan is a tool that can be useful for anyone, whether you are a victim of crime or not. Planning for our safety is a responsibility that should concern all of us. No one is immune from the possibility of becoming a victim of crime. Thinking about personal, material and financial safety should be on everyone’s mind.

Some things are certainly out of our control. However, we can take steps, sometimes very simple ones, to identify and plan around the things that we do have control over. A safety plan is based on careful consideration of various risk factors in order to figure out a specific plan for you to either avoid or remove yourself from a harmful situation. The simple fact of anticipating what situations are potentially dangerous and planning for them in advance could actually save your life.

Your safety plan should take into account different areas of your life:



# MY WELL-BEING. MY SAFETY. MY LIFE.

## MY SAFETY PLAN



- ✓ Do I know how to get out of the house quickly?
- ✓ Do all the windows and doors have secure locks?
- ✓ Do I have access to a telephone and a list of emergency phone numbers in each room of the house?
- ✓ Do the interior doors have safety locks?
- ✓ Do I have a good hiding place for myself or my children?

- ✓ Do I have a safety plan for my workplace?
- ✓ Have I informed at least two of my co-workers about my safety plan?
- ✓ Is my parking spot well lit?
- ✓ Is there anyone who can escort me to my car if I feel the need?
- ✓ Do I carefully choose my parking spot when I'm running errands?
- ✓ Do I take alternate routes as I go about my daily business?



- ✓ Do I have a password or a code that lets the children know when they need to leave the house and get help?
- ✓ Do my children know what to do and where to go?
- ✓ Have I informed my children's daycare or school about what's going on and who they should contact?

- ✓ Have I informed at least two neighbors about what is going on?
- ✓ Do I have a code worked out with my neighbors to let them know when they should call the police?
- ✓ Have I identified who in my network of family and friends can best support me and have I reached out to them?
- ✓ Do I know the whereabouts of the offender?
- ✓ Have I done everything I can do legally to keep the offender away from me and my family?



### HOW CAN I TRUST OTHERS AGAIN?

Trusting others means that you allow yourself to be in a vulnerable position while believing that people will behave in a positive way towards you. In other words, you believe that the people around you will not take advantage of your trustfulness ...

Unfortunately, when you are a victim of crime, this sense of security is stolen from you. You become not only suspicious of strangers or unfamiliar situations but also of the people close to you and all that is familiar in your life.

You may even find yourself having difficulty knowing who you can turn to, to get the support you need to get through this ordeal.

There are some relatively simple things you can do that could help you to begin finding a healthy balance between not trusting anyone at all and taking the risk to rely on people who are trustworthy. Be patient with yourself, rebuilding trust in others happens over time and in small steps.

The suggested tips on the next page might help you to regain confidence in others. If they don't help you; seeking professional counselling might be necessary to help you regain the ability to detect who can and cannot be trusted and under what conditions.

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***Rebuilding your trust in others happens with small actions over time.***

***Help from a professional can be very useful in helping you to attain this goal.***

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HOW CAN I EVER TRUST OTHERS AGAIN?

# Three simple tips!

1

*Trusting others begins with trusting yourself. The quicker you get back to your regular routine and have the opportunity to make choices, the more confident you will feel.*

*Once you begin feeling confident in your ability to make good choices and deal effectively with situations as they arise, trusting others will begin to develop over time.*

2

*It can be useful to ask yourself exactly what it is you fear.*

*Once you are more aware of what it is that you fear, you are in a better position to begin figuring out how to prepare yourself to deal with any stressful situation you may have to face.*

3

*Rebuilding your trust in others takes time and happens through small actions.*

*You can begin by trusting somebody with something that is less important to you... if that goes well, then you will begin to regain confidence in others and in your ability to make the right choices.*



For more information...

Trust building:

<http://www.beyondintractability.org/bi-essay/trust-building>

## HOW CAN I TAKE CARE OF MYSELF?

Taking care of yourself begins by returning to your favorite activities, the ones that nurture you. Whether these activities include others or not, the most important thing is to get back to them as soon as possible!

Your well-being is a state that touches many facets of your life. The following information touches on all of these facets by looking at some of the basic human needs... You will find some very simple, yet effective techniques to help you get started in taking care of yourself.



### RELATIONSHIPS AND BELONGING

Having quality relationships with others provides you with a sense of belonging which is essential to your well-being.

Maintaining quality relationships imply that **YOU** take **action**, that you **give** as well as **receive**. Reach out to people, tell them what you need, do activities together, and lend a helping hand. Nurture the relationships you have with the people close to you by respecting their choices, and accepting them as they are.

Care  
Share  
Cooperate  
Accept  
Participate  
Volunteer  
Friends  
Family  
Co-workers

### TAKING CARE OF YOUR HEALTH

It is important, particularly at this time to make choices that help you feel good about yourself, and feel in top shape!

Exercising regularly, getting plenty of rest, scheduling time for relaxing and social activities, reframing your thinking, and eating a well-balanced diet are effective ways to take care of you and increase your ability to cope with stress.

Food  
Water  
Sun  
Air  
Rest  
Shelter  
Activities  
Safety

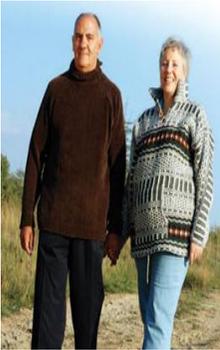
Based on the work of Dr. William Glasser

### **HAVING FUN AND MAKING CHOICES**

Having fun is a one of the easiest needs to satisfy. When you are having fun you have the freedom to let go and do what you want, and be who you want to be without a care!

Having fun with others is one of the quickest ways for you to feel better and as a bonus having fun together usually helps strengthen the relationship.

**Play**  
**Learn**  
**Humor**  
**Creativity**  
**Choices**  
**Tolerance**  
**Risk Options**



### **ACCOMPLISHMENT AND INFLUENCE**

At the end of the day each of us wants to feel that we have made a difference in the world.

You can do this by accomplishing things that are important to you, by trying and succeeding at the simplest of tasks, by having your say and influencing others. Satisfying this need plays an essential role in building your self-esteem and self-confidence.

**Recognition**  
**Competency**  
**Well-organized**  
**Achieve**  
**Significance**  
**Dignity**  
**Work**  
**Assertiveness**

Based on the work of Dr. William Glasser

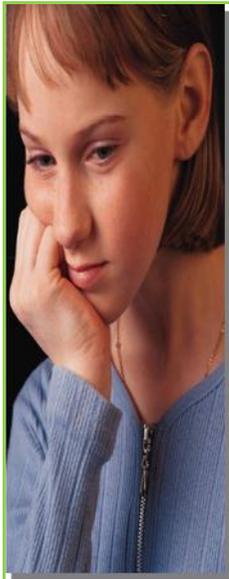
## HOW TO TAKE CARE OF MYSELF... WHEN I CAN'T CHANGE WHAT HAPPENED?

It is impossible to change what has happened and often much of the circumstances you may find yourself in are beyond your control. In spite of this you always have the choice about who you want to be and what you do to manage the situation you are faced with..

We would like to propose to you a different, yet very simple technique that you can use to understand how to feel confident, powerful, free, etc... even in the most difficult of circumstances.

Let us use a fictitious story of a young girl who witnessed a crime:

*"I am a cashier at the local grocery store. Every Thursday and Friday nights, I work with Mary. Even if she is older than me, we get along great. When work is a bit quiet, we talk and laugh a lot. She is really cool. Lately, we have been having more intimate talks. I tell her about my boyfriend who is working out West and how much I miss him. She's talked to me about her husband who just recently lost his job at the mill. He's been drinking more, she says and always seems angry and negative about everything and everyone. Mary is discouraged and very worried.*



*Three weeks ago, on a Friday night Serge, Mary's husband, came to the grocery store looking a bit out of it and angry. He started yelling all sort of things at Mary, really awful mean words. Everyone in the store felt uncomfortable. She stepped out from the back of her cash to go ask him to leave. He grabbed Mary by the collar and pushed her around and kept yelling at her.*

*The manager showed up and told me to call 911. While I was on the phone, Mary was able to calm things down a bit. Serge let her go but he continued to yell at everyone in the store. He told me that this wasn't any of my business, that I shouldn't have called the police and that I would regret it. Luckily, the police arrived quickly and they took him away. Mary went home and I stayed to finish my shift but I wished I could have gone home too. I felt weird and shaky and wished that I hadn't been involved in this situation.*

*Since then, I can't seem to be able to leave my house. As soon as I walk out the door, I panic and need to go right back inside. I can't stop crying and shaking. I don't go to work anymore and I'm cutting my classes at college. My parents tell me: "Come on Julie, try.*

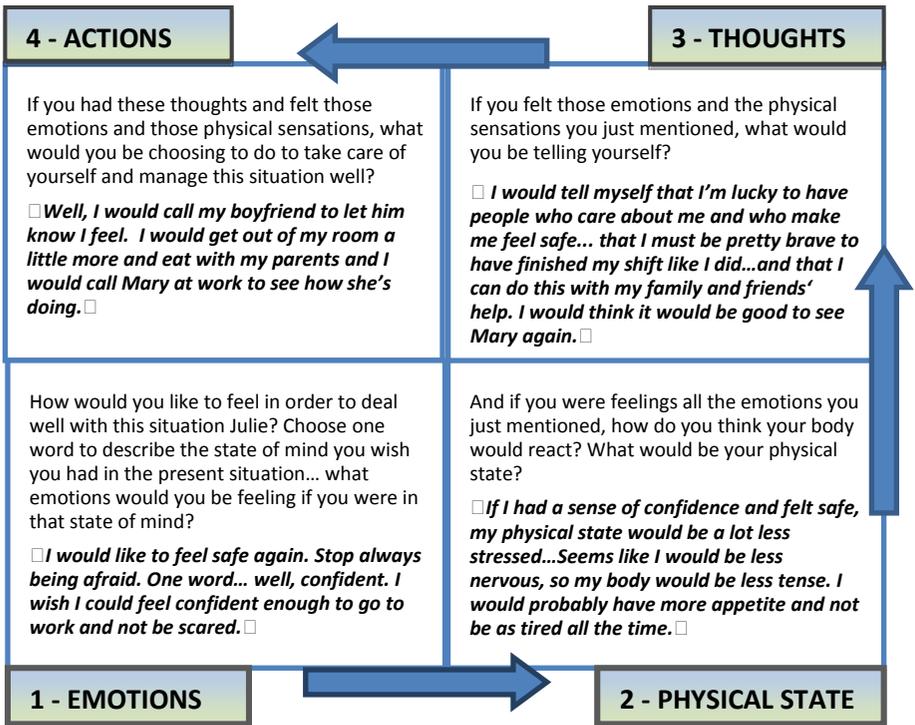
*You don't have to be afraid anymore. This situation doesn't even concern you, you weren't the victim". My boss is pressuring me about missing work and he keeps saying the same thing as my parents do.*

## MY WELL-BEING. MY SAFETY. MY LIFE.

*Sometimes I think I'm just being a big baby. I don't understand what is happening to me. I don't feel like eating and I lay awake most nights trying to sleep. During the day I spend most of my time in my room sitting at my computer waiting for my boyfriend to chat with me online. It's the only thing that makes me feel a bit better. I didn't even tell him about the whole situation. I'm too scared that he will tell me what everyone else is saying. I'm really feeling awful and I am not sure what to do anymore."*

Julie needs to know that her reactions to what happened that night are normal. It's also very important for her to understand that while we don't have control over what happens to us, we can almost always choose how we deal with the circumstances we find ourselves in. Here is a set of four questions that Julie was given to help her figure out what she could do to feel better.

Beginning in section 1 - **EMOTIONS** and continuing as the arrows in the diagram indicate, Julie answered the questions and was able to come up with some helpful ideas in SECTION 4 - **ACTIONS** which helped her to take care of herself.

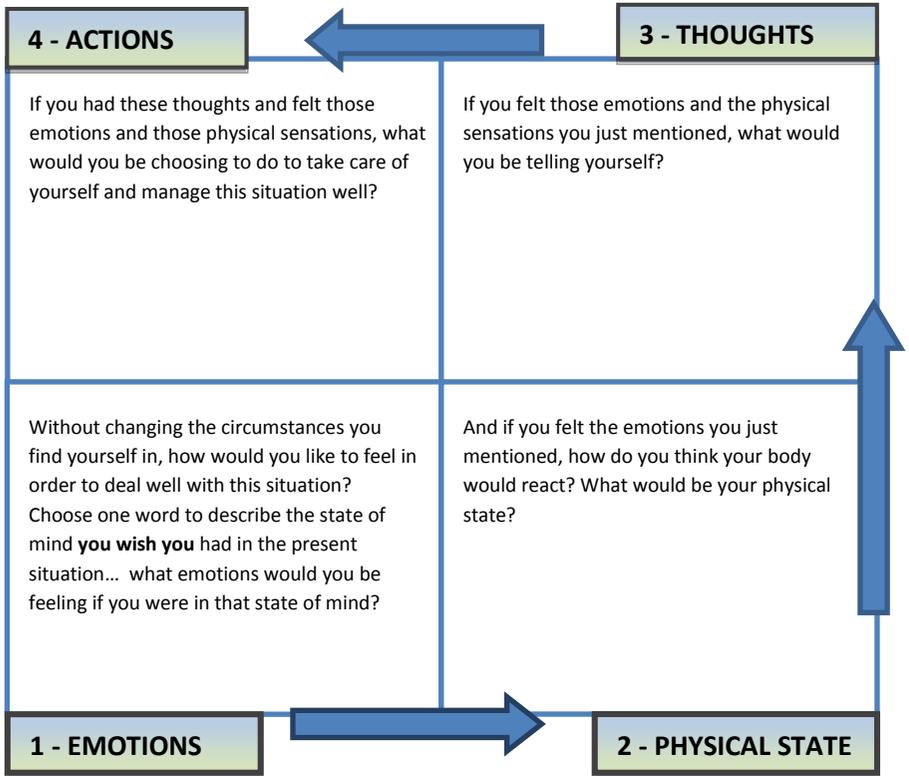


Based on the work of Dr. William Glasser

**NOW IT'S YOUR TURN...**

If you're going through a difficult period, you can ask yourself these same questions and follow the same process, as Julie did, to come up with actions and ways of thinking that could help you feel better.

**Thoughts and actions are always based on YOUR choices.** So, by **choosing** thoughts and actions that support positive emotions and a good physical state, you will inevitably feel better!



Based on the work of Dr. William Glasser

Always remember though, if this procedure doesn't help you feel better and the support you're getting doesn't seem to be enough, it might be best if you sought some professional help.

## HOW TO CONTINUE ON MY ROAD TO WELL-BEING?

As a victim of crime you are given the opportunity, with the Victim Impact Statement, to explain to the court in your own words how your life was affected by the crime. This is an opportunity to have a say and to have your voice heard within the judicial process. The court will take into consideration your statement, as well as other relevant information, to determine the sentence of the offender.

***(Pamphlet from the N.B. Department of Public Safety: "Victim impact statement").***

Preparing this statement is an important step on your journey to wellness, since it gives you the opportunity to share in a significant way your experience and the impact it had on your life.

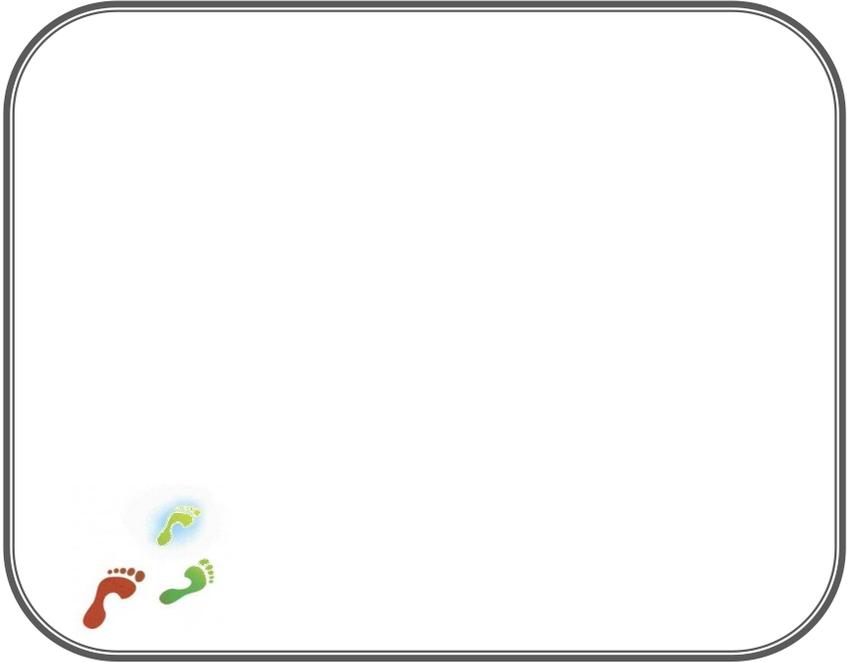
## MY SURVIVOR STATEMENT

As a final activity, we are proposing a similar undertaking. However, we recommend that you write a **Survivor Statement** rather than a victim Statement. This statement will be your personal declaration of how you are choosing to move on. Its objective is to remind you of the strengths you have, the goals you wish to achieve, and how you make sure that the incident and events will not define who you are nor will they control your life.

The following questions can help you write your Survivor Statement. Once you have written out your declaration, place it in a prominent place that is readily accessible to you. This way, you can read it as often as you need to and remind yourself of how you have taken control of your life.

- ✓ **What do I want?**
- ✓ **Why do I deserve a happy and safe life?**
- ✓ **What are my dreams for my life?**
- ✓ **What are the strengths that I have and which ones will help me achieve my dreams?**
- ✓ **How has this incident helped reinforce my relationship with the people I love?**
- ✓ **What is my plan to not allow this event to have power over me and my life?**

# My Survivor Statement



We hope that this booklet has provided you with useful information that helps you to deal effectively with all the different emotions that you may have experienced as the result of the crime committed against you.

This booklet is only one resource amongst many others. We suggest that you do what it takes to get as much information as you can in order to find the best ways for you to heal from the trauma that you have experienced. Please keep in mind that the goal of this booklet is not to help you deal with a crisis situation. If you find yourself to be in crisis or if the suggested activities in this booklet do not help, it is important to see a professional as soon as possible. You will find information on local resources on page 26 of this booklet.

Do not hesitate to reach out... after all, it is

**YOUR WELL-BEING, YOUR SAFETY AND YOUR LIFE.**

## COMMUNITY RESOURCES AND OTHER INFORMATIONS

RESSOURCES	TELEPHONE
Emergency	911
Bathurst City Police	1 (506) 548-0420
BNPP Police	1 (506) 542-2666
R.C.M.P.	1 (506) 548-7774
Passage House	1 (506) 546-9540
Bathurst Emergency Shelter	1 (506) 549-3232
Outreach Services for Women Victims of Violence	1 (506) 549-8952
Victims Services	1 (506) 547-2924
Help Line "Libère-toi"	1 (506) 395-3555
Help Line - Fredericton Sexual Assault Crisis Center	1 (506) 454-0437
Legal Aid	1 (506) 546-5010
Kids Help Phone	1-800-668-6868
Chimo Help Line	1-800-667-5005
Department of Social Development	1-866-441-4341
Child Protection After Hours Emergency Services	1-800-442-9799
Mental Health Center	1 (506) 547-2110
Chaleur Regional Hospital	1 (506) 544-3000
Pabineau First Nation	1 (506) 548-9211
Chaleur Region Multicultural Association	1 (506) 547-7651
Nepisiguit Family Services	1 (506) 546-3305

- ✓ Private resources are also available to help you. By looking under "counseling" in the yellow pages of the telephone book, you will be able to find contact information for the various services available.
- ✓ Certain employers also have an Employee Assistance Program. This program is free and you can use it to receive confidential counseling services. Do not hesitate to use these programs or inquire if there is one in your workplace.

### **Websites intended for Victims of Crime:**

[http://www.legal-info-egale.nb.ca/fr/woman\\_abuse](http://www.legal-info-egale.nb.ca/fr/woman_abuse)

[http://www.familylawnb.ca/french/resources\\_links](http://www.familylawnb.ca/french/resources_links)

