

COPING WITH VIOLENCE/VICTIMIZATION AND SUBSTANCE USE

(USE WITH Supplemental RP Session:
Violence and Victimization and Substance Abuse)

LINKS

1. Victimization causes stress; stress can lead to drug use.
2. Victimization makes symptoms of mental illness worse.
3. Victimization can lead to feeling numb, isolated, angry and depressed.
4. A partner who is violent may give drugs to a user to keep her/him in a violent relationship.

WHAT CAN YOU DO?

1. Violence is WRONG.
 2. DO NOT KEEP IT INSIDE.
 - call a hotline
 - talk to a therapist or counselor
 - talk about it in group
 - talk to a trusted friend or family member
 3. End the relationship if you can.
 4. If you can't leave, be safe in your house
 - Go out if your partner is using or will be coming home high or drunk
 - Find somewhere where you can be safe
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