

Experiencing a criminal act can cause reactions and lead to consequences that affect your daily life.

While the intensity of emotion may vary from one person to another, it is **NORMAL** for victims to have a reaction or to suffer repercussions after the fact.

You may have difficulty dealing with your emotions after experiencing a crime.

## It is important to talk about it with someone:

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

## No matter:

- the nature or gravity of the crime
- when it took place
- whether the perpetrator of the crime has been identified or not
- whether the victim has filed a complaint or not



**Trained to support you**



**CRIME VICTIMS  
ASSISTANCE CENTRE**

## Professionals trained to support you

### Services available

**Post-trauma and psychosocial 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.

**Accompagnement:**  
during approaches with the police and different available resources, support throughout the judicial process, particularly for testimony in court.

**Information on crime victim rights and recourses:**  
compensation program, judicial process and other recourses.

**Legal information:**  
filing a complaint with the police, following the various steps involved in legal proceedings and decisions that affect them.

**Technical assistance:**  
to assist victims in filling out required forms and to enable them to comply with all formalities associated with their situation.

**Referral to specialized services:**  
to address their specific legal, medical, social or other needs.



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## TALK ABOUT IT!

**The reactions  
and consequences of being  
a victim of crime**



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The services offered by the CAVAC Network are **FREE** and **CONFIDENTIAL**

**1-866 LE CAVAC (532 2822)**  
**cavac.qc.ca**

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## Possible reactions of the victim\*

### DURING THE CRIME

- fear of dying
- strong physical reactions
- feeling of being trapped and helpless
- feeling of living through a nightmare
- feeling that the perpetrator is targeting him or her personally

### IMMEDIATELY AFTER THE CRIME

- disorientation
- apathy
- refusal to accept what has happened
- feeling of isolation
- feeling of helplessness
- state of shock

### FOLLOWING DAYS

- questioning one's physical and emotional state
- hope of returning to how things were before
- intense episodes of crisis
- emotional ambivalence
- sudden mood swings

### FOLLOWING MONTHS

- aggression
- feelings of hatred
- flashbacks
- persistent fear
- altered perception of life
- more stable moods
- thinking about the event less often but not forgetting

## Possible consequences of victimization\*

### PHYSICAL CONSEQUENCES

- injuries sustained during the crime
- digestive problems
- shaking
- hypertension
- respiratory problems
- headaches
- loss of energy
- sleeping problems
- weakening of the immune system
- change in sexual habits

### PSYCHOLOGICAL CONSEQUENCES

- anxiety
- depression
- anger
- self-doubt
- mistrust
- constant fear
- feeling out of control
- feelings of powerlessness
- feelings of shame
- feelings of guilt
- repetitive thoughts
- suicidal thoughts
- nervousness

### FINANCIAL CONSEQUENCES

- material losses
- medication
- hospitalization
- relocation
- civil action
- loss of income
- security system
- therapy

### SOCIAL CONSEQUENCES

- isolation
- stress on romantic and family relationships
- fear of being alone
- increased use of alcohol, drugs or medication
- fear of leaving the house
- change of job
- trust issues regarding strangers
- lack of understanding among friends
- missed school days

### SPIRITUAL AND EXISTENTIAL CONSEQUENCES

- loss of faith
- feeling of emptiness
- change of values
- loss of joy in life
- change in perspective

### COGNITIVE DIFFICULTIES

- loss of memory
- loss of motivation
- loss of concentration
- confusion
- indecisiveness