







Men Leaving Violence Safety Planning Toolkit

Acknowledgements

Our current knowledge of Intimate Partner Violence (IPV) and domestic abuse in men is thin. We hope that this toolkit will serve both as a helpful resource for men navigating abusive relationships and also provides valuable information for service providers encountering men who experience these challenges.

This toolkit illustrates how the experiences of IPV in men can be both similar and different from those of women. It adds some clarity to what IPV and domestic abuse are and highlights how it may present in various populations of men. The guide offers a section on practical safety planning and concludes with helpful resources that individuals can connect with for additional support.

CREATED BY MARK BUSBY, COUNSELLOR, THE NANAIMO MEN'S RESOURCE CENTRE, BC. CANADA.





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The Nanaimo Men's Resource Centre 418D Fitzwilliam Street, Nanaimo BC. V9R 3A7

The authors of this toolkit use the terms **IPV**, domestic violence and abuse interchangeably while also recognizing that the language is evolving and different terms and words may mean something different to the many groups and individuals committed to ending intimate partner violence.

IPV Intimate Partner Violence: Male Victims and Survivors

Men and women can experience Intimate Partner Violence (IPV), domestic violence and abuse. Generally, women are more likely than men to experience physical violence and to experience sexual assault in particular. Nevertheless, men experience physical violence in relationships, too, and can be harmed by either a male or a female partner. Many men who have come forward to speak about their experiences have said they found it difficult to access help or navigate the legal system and were often not believed by or treated suspiciously by others. However, male survivors of IPV also have legal rights to protection from harm and need practical and non-judgemental emotional support services they can rely on in times of distress.



Women make up about 8 in 10 victims who report to the Police. However, men also experience IPV in significant numbers, averaging about 20% of cases reported to the Police in Canada and about 20% of IPV homicide victims.



In 2018, one in five cases of IPV reported to the Police included a male survivor. Often, society has a hard time understanding that IPV can happen to men, too, which increases the survivor's sense of being isolated and alone in their suffering. (Robuck 2020)



Male Survivors of Intimate Partner Violence in Canada



Men are less likely than women to report IPV to the Police; when they do, it is less likely to result in an arrest or police record. 4% of men in Canada (418,000 men) reported experiencing IPV during the previous five years (Statistics Canada, 2016).

7%

Cases of police-reported IPV with male survivors rose from **18,850 cases** in 2013 to **20,600 cases** in 2018, an increase of **9%**. (Statistics Canada, 2013; Conroy, Burczycka & Savage, 2019)

64%

Nearly **17%** of men and 18% of women said they were concerned about rising violence in the home during the COVID-19 pandemic. (Statistics Canada, 2020, p. 1) 4%

From 2009 to 2018, rates of IPV declined more significantly for women at **13%** than for men at **7%** (Conroy, Burczycka & Savage, 2019).

9%

In 2012 Dutton reported **64%** of male survivors of IPV who called the Police for help reported being treated as abusers. (Dutton, 2012)

17%

What is Intimate Partner Violence?

It's helpful to describe an intimate relationship as when two individuals share an emotionally close and/or physical relationship regardless of how long they have been together. Intimate Partner Violence (IPV) then, describes how one person uses power and control over another person in those relationships, which causes them harm.

The World Health Organization (WHO) describes IPV as "any behaviour within an intimate relationship that causes physical, psychological, or sexual harm to those in the relationship" (World Report on Violence and Health, 2002). Other writers discuss IPV as any type of violence between existing and former legally married spouses, common-law partners, boyfriends and girlfriends, and other intimate partners.



Some of the harmful behaviours commonly understood to indicate IPV include:

PHYSICAL VIOLENCE

... like punching, hitting, kicking, choking, slapping and using weapons and objects to hurt the other person.

SEXUAL VIOLENCE

... like unwanted sexual touching and forcing the other person into sexual acts without their permission or consent.

STALKING

... like monitoring, following, harassing and threatening an individual, leaving them fearful for their safety and well-being.

PSYCHOLOGICAL OR EMOTIONAL ABUSE

... like humiliating, intimidating, ignoring, name-calling, and trying to make a person feel small.

COERCIVE CONTROL

... like isolating an individual from family and friends, limiting access to money, reinforcing traditional gender roles, trying to turn a person's children against them, taking away a person's freedom, and making it hard to access services and resources that would help them.

COERCION, INTIMIDATION & THREATS

- Threatening them with violence if they don't do what the perpetrator wants them to do.
- Threatening to call the Police or children's services and allege that the man is the perpetrator.
- Threatening them with legal proceedings.
- Isolating them from their friends or family members.
- Destroying personal items, family heirlooms, computers, etc.
- Controlling finances and how they spend money.
- Telling them that nobody will believe them because they are a man.
- Threatening them with knives and other objects as weapons.
- Telling them if they try to leave, they will never see the children again.
- Threatening to harm or kill them or their pets.
- Threatening to publish information about them online.
- Forcing them to participate in criminal and illicit activities.

PSYCHOLOGICAL / EMOTIONAL ABUSE

- Repeatedly putting them down, humiliating them, calling them names, or telling them that they are useless.
- Playing mind games on them, 'gaslighting them.'
- Blaming them for the abuse.
- Giving them the 'the silent treatment,' ignoring them.
- Telling them they are not the father of their child(ren).

SEXUAL ABUSE

- Coercing them or threatening them overtly into sex.
- Coercing them into using objects or using objects on them during sex against their wishes.
- Coercing and pressurizing them to perform sexual acts that they do not want or to have unsafe sex.
- Mocking their sexual behaviour in front of others.
- Threatening consequences unless he participates in sex.
- · Coercing them to participate in sexual activities with others against their will.

PHYSICAL ABUSE

- Hitting, punching, slapping, kicking them.
- Using objects to hurt them, sometimes in the groin area.
- Using knives or other sharp objects to attack them.
- Pouring boiling water on them.
- Attacking them when they are asleep.
- · Coopting family members to bully, threaten or assault them.

LEGAL ABUSE

- Make false accusations to gain an advantage with the justice system and family court.
- Frequent calls to the Police and unwarranted use of "wellness checks" during his parenting time.
- Attempt to portray him as an unfit or unreliable parent in court.
- Impede agreed upon custody agreements and parenting time.

USING MASCULINITY

- Forcing them into specific responsibilities and activities based on strict traditional gender roles. without any negotiation and threatening consequences if he doesn't comply.
- Telling them they are not a real man if they do not do certain things or in a certain way.
- Coercing them to use steroids to achieve an idealized body type.

USING CHILDREN

- Sending them messages through the children.
- Excluding them from activities with children.
- Belittling their attempts to look after the children.
- Deliberately damage their relationship with the children by saying untrue and unjustified things that cause emotional and physical estrangement.

RESTRICTING INDEPENDENCE & FREEDOM

- Controlling what they do, who they see, what they read, who they talk to.
- Restricting or stopping their social life, friends, hobbies.
- Accusing them of having affairs and demanding they do not speak to other men/women.

MINIMIZING, DENIAL AND BLAME

- Telling them that the abuse didn't happen or wasn't that bad.
- Ignoring or belittling their injuries or emotional/mental distress.
- Telling them they were responsible for the abuse, that they deserved or caused it.

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"Repeatedly putting them down, humiliating them, calling them names, or telling them that they are useless." Gender is essential to understanding the impact of IPV. Male survivors can be doubly impacted by the ongoing effects of stigma arising from the hard-to-change and near-impossible masculine standards society holds for them.

For example, men often believe they should be strong, be protectors and providers, and possess superhuman qualities to brush off pain, suffering and hardship.



The Australian organization 'Mensline' brings attention to other unhelpful stereotypes listed below:

SELF-SUFFICIENCY

Talking with others about your issues and concerns is weak; Men should figure out their personal problems without asking for help.

ACTING TOUGH

A guy who doesn't fight back is weak; Guys should always appear strong even if they feel scared and nervous.

RIGID GENDER ROLES

Men don't do household chores; they should be the financial providers for their families.

HETEROSEXUALITY AND HOMOPHOBIA

A gay guy is not a real man; Straight guys should not have gay friends.

HYPERSEXUALITY

A real man has as many sexual partners as possible; A real man never says no to sex.

AGGRESSION AND CONTROL

Men should use violence when necessary; A man always has the final say in a relationship.

https://mensline.org.au/mens-mental-health/male-stereotypes-and-the-man-box

Masculinity and Male Survivors of IPV



The experiences of male victims of IPV can be both similar and different from those of women Lysova. A. et al (2019) Consequently, men might believe IPV is a "woman's issue" and downplay or minimize what's happening to them. Many men do not reach out for help. Maintaining harmful storylines that blame men for their failings is called victim blaming and is carefully avoided in women's health promotions.

Because stigma is so powerful, it decreases the chances that male survivors will speak about their partner's violent behaviour, and the abuse can remain hidden for many years.

Many men appear unaware that violent behaviour can be more than physical acts. For example, men often fail to recognize that non-physical behaviours, such as stalking, are harmful, and men often go unacknowledged as victims.



IPV and domestic abuse against men is often taken too lightly.

Male survivors of domestic abuse don't often appear in public domestic violence campaigns, meaning community members are less likely to notice abuse involving male victims or to understand such abuse as an emergency requiring attention.

Same-sex and LGBTQ2+ relationships.

The term "Same-sex intimate Partner Violence" (SSIPV) may exclude individuals who do not identify in the gender binary and who identify as transgender or genderqueer; therefore, the identifier "LGBTQ2+ is more encompassing for different sexual identities and sexual minorities.

Some forms of IPV are more likely to occur in LGBTQ2+ relationships. For example, an abusive partner may use coercive control by threatening to "out" their partner by telling others about the victim's sexual orientation or gender identity against their will. Men have also described experiencing manipulative and controlling behaviours connected to how masculine they look and act.

Sometimes, the misperception that gay men are less masculine and therefore less dangerous or that men fight equally so there can be no abuser prevents victims from reporting abuse.

While not limited to LGBTQ2+ partnerships, an abusive partner may also threaten to tell others about their partner's HIV status or withhold access to prescriptions or medical care. An HIV-positive abuser may threaten to communicate the disease to their partner; on the other hand, if they contracted HIV from their partner, they may use guilt as a form of control or make their partner feel unworthy of starting a new relationship.

Experiential power can be used when one person feels they can impose rules and regulations on the relationship because they think the other person has less experience or confidence. Furthermore, an abusive partner may be more sexually experienced, already 'out' and well connected to the LGBTQ2+ community. For these reasons, people in their first LGBTQ2+ relationship may be more susceptible to abuse related to the use of experiential power.

Identity abuse can involve undermining or belittling someone's identity, such as preventing someone from expressing their gender identity or questioning the authenticity of their identity.



Misgendering someone or deliberately using incorrect pronouns also falls under identity abuse.

Many LGBTQ2+ people experience extreme bias or hate crime because of their sexual orientation and gender identity and may fear reporting abuse to professionals out of concern they will undergo further victimization. Abuse victims might fear disclosing their experiences to organizations seen as hyper-masculine or patriarchal, such as the Police.

Revealing that they are a victim of abuse may mean coming out as LGBTQ2+, resulting in a co-custodial parent fearing the loss of access to their children or reliable employment.



Indigenous Men Findings indicate Indigenous men experience spousal violence at higher rates than non-indigenous men and are seven times more likely to die by homicide than non-indigenous men.

However, despite the scale and types of violence against Indigenous men, IPV against Indigenous men is barely reported or researched.

Some writers point out that historically, indigenous men have been seen as perpetrators of violence, with the abuse directed toward them primarily overlooked and ignored. The Truth and Reconciliation Commission of Canada (TRC, 2015) has highlighted how centuries of colonial violence, systemic racism, and intergenerational trauma experienced by Indigenous Peoples in Canada elevate the risk for IPV perpetrated against Indigenous men and women.

According to a Canadian researcher called Douglas Brownridge, several factors heighten the risk for IPV toward indigenous men compared to the general population.

These risk factors include a younger population, disrupted education, higher unemployment rates, more rural residency, substance use, larger family sizes and housing limitations.

Despite the negative consequences, it is common to find that men accept the abuse to maintain a continuing relationship with their children. Men can also find it difficult to tell others they have been victimized because of the social stigma and shame attached to their masculinity and personal beliefs men cannot be victims of IPV at all.

Indigenous men can feel unsafe disclosing IPV out of concern that law enforcement will misinterpret their experience and be seen as the perpetrator rather than the victim. This is especially true when the survivor has experienced racism and discrimination in the justice system before.

Seeing Indigenous men through a narrow lens that casts them only as perpetrators of violence produces barriers to creating prevention strategies, programs and services to support Indigenous men experiencing spousal violence and other forms of domestic abuse.

Men with Disabilities

According to Statistics Canada, more than four in ten men with disabilities have experienced IPV in their lifetime. They are at more risk of experiencing intimate partner violence (IPV) than men without disabilities.

Men with disabilities often described experiencing psychological abuse, controlling behaviours, economic abuse, and physical and sexual assault.

Men with disabilities face many of the same barriers as women with disabilities when leaving an abusive partner. For example, people living with disabilities may be less likely to leave a violent relationship if they are dependent on their partner to support their daily activities or financial well-being.

Because some individuals living with disabilities use personal care assistants or need medical professionals to help with intimate bodily needs, sometimes perpetrators are also workers in positions of power.

It's also true that workers attending to people in their homes or offices may be the first to spot the signs of IPV, and specialized training may be helpful to refer individuals to culturally competent sources of help and support.

Because of the ordinary misconception men are rarely subjected to IPV, survivors may not recognize the violence happening to them as abuse.

The stigma of seeking help as a male may further contribute to the barriers around leaving an abusive relationship.

Although there is less research available about IPV and men living with disabilities, it appears men having two or more disabilities are at higher risk of IPV in their lifetime than those with a single disability or no disabilities.



Evidence suggests Individuals with psychological and intellectual disabilities may be at higher risk of abuse than other forms of disability.

Many men living with disabilities who said an intimate partner had psychologically, physically or sexually abused them expressed that the IPV had an emotional impact on them, with some experiencing symptoms consistent with PTSD. In addition, violence can result in additional disabilities or an increase in the severity of existing ones.

Health Impacts of Domestic Abuse and IPV



The ongoing effects of abuse can lead to depression, stress, anxiety and the development of post-traumatic stress disorder (PTSD). Whether aware or not, men exposed to physical and psychological abuse often experience significant harm to their health and well-being. This can include 'personal problems' such as drinking too much alcohol or consuming risky amounts of recreational drugs, and also mental health and employment difficulties. The ongoing effects of abuse can lead to depression, stress, anxiety and the development of post-traumatic stress disorder (PTSD). Abuse can also worsen existing health conditions like hypertension, diabetes, arthritis, and asthma. Significantly severe depressive symptoms have been noticed in older, physically abused men.

Paternal mental health is often overlooked. Men experiencing abuse have described fears that worsening abuse could result in injury to their children and said they felt helpless because of the fear of losing contact with their children. Exposure to abuse carries significant health risks for the child, too. For example, the impact of parental alienation on the child's well-being can increase vulnerability to mental health conditions such as depression, anxiety, eating disorders, post-traumatic stress disorder (PTSD), and other psychosomatic conditions. The development of independence and individuality can also be affected.

Social support is beneficial to health, reducing the harmful effects of stress and adversity, and both formal support offered through men's groups and helplines as well as informal support such as friends, relatives and neighbours have been found to have positive health benefits for men navigating abusive situations.



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"Paternal mental health is often overlooked. Men experiencing abuse have described fears that worsening abuse could result in injury to their children and said they felt helpless because of the fear of losing contact with their children."







O••• IPV Intimate Partner Violence

Part 2 - Safety Planning

THE PRACTICALITIES

IF YOU OR ANYONE IS IN IMMEDIATE DANGER, CALL 911 AND SAY YOU NEED THE POLICE OR PARAMEDICS.

Domestic violence and abuse can have a serious physical and psychological impact. As a man, you may find there is a shortage of resources to help you navigate the abuse safely. Often, friends, family and some professionals lack the understanding to help. Legal obstacles are common, especially if you are trying to gain custody of your children from an abusive spouse. Whatever your circumstances, though, these challenges can be overcome, and the abuse left behind.

PROTECTING YOURSELF FROM THE ABUSE



REACH OUT / CONFIDE IN SOMEONE TRUSTWORTHY.

Find a support system. Talk to a friend, family member, or someone else you trust. Open up to someone who will believe you.

Aside from providing an emotional outlet and possible advice, this person might also be a source of practical assistance. For example, you might store items at their house for safekeeping. Or perhaps you can stay with them while you sort out a place to live.



LEAVE SAFELY, IF POSSIBLE.

Choose a safe moment to leave the abusive situation. You want to avoid leaving in a way that might involve physically engaging with your abusive partner; otherwise, you put yourself at risk of being labelled as the aggressor. A safe exit could involve having a trusted person present or leaving while your abuser is out. If you need to stay to protect your children, call emergency services. The police have an obligation to protect you, just as they do for a female victim.



GATHER IMPORTANT DOCUMENTS.

If you must leave quickly, you'll need to take your important documents, such as a passport and driver's license. You may also want photocopies of your children's birth certificates. If possible, gather these in advance. It may be safer to keep these items outside of the home.



DOCUMENT THE ABUSE.

Report all incidents to the police and get a copy of each police report. Keep a journal of all abuse with a clear record of dates, times, and any witnesses. Ensure that the cause of your injuries are documented.



OBTAIN ADVICE.

Obtain advice from a victim services program or legal aid resource about getting a restraining order or protection order against your partner and, if necessary, seeking temporary custody of your children.



RELY ON RESOURCES THAT YOUR PARTNER CAN'T ACCESS.

For example, use a computer outside of your home when searching for resources that can help you. Keep money in a separate account or stash physical cash in a hidden location. Make calls from a friend's phone.



TAKE A PROACTIVE APPROACH TO YOUR PERSONAL SAFETY (SELF-CARE).

Keeping your mental, emotional and physical sanity in check are a great way to remain grounded during and after a situation of abuse. Engage in activities that make you feel happy and good about yourself. Avoid self-destructive behaviours such as binge drinking, using drugs or anything that can have negative consequences for your health or the health of those around you.



NEVER RETALIATE.

An abusive partner may try to provoke you into retaliating or using force to escape the situation. If you do retaliate, you're putting yourself at risk of being arrested or removed from your home.



REACH OUT TO SHELTERS IF POSSIBLE.

Although they are less common than shelters for women, you might find locations that accept male survivors of domestic violence. Because shelters exclusively for men are so rare, aim to narrow your search to shelters that say they are "inclusive of all gender identities."



CHECK OUT THESE LINKS

Help for Men Who are Being Abused - HelpGuide.org https://www.helpguide.org/relationships/domestic-abuse/domestic-violence-against-men

How to Get Out of an Abusive Relationship https://www.helpguide.org/relationships/domestic-abuse/getting-out-of-an-abusive-relationship

Myths Around Men Experiencing Abuse - The Hotline https://www.thehotline.org/resources/myths-around-men-experiencing-abuse

https://legalaid.bc.ca/publications/pub/live-safe-end-abuse

https://api2.legalaid.bc.ca/resources/pdfs/pubs/Live-Safe-End-Abuse-eng.pdf

https://headsupguys.org/help-male-victims-domestic-abuse-violence/

How can you protect yourself at home? Think about what you need to do to stay safe at home.

- Find the safest place in your home if you expect your partner to get violent. This is a place where you won't get trapped and there are no weapons, such as knives. Plan your emergency exits.
- Know your local emergency phone numbers and where you can get help.
- Ask neighbours and friends to call the police if they see or hear anything suspicious.
- · Put away some money in a safe place.
- Keep your purse, wallet, identification, keys, medication, and cell phone in a safe, accessible place in case you need to leave suddenly.
- If you're using a computer or mobile device that your partner has access to, erase your browsing history.
- Find a safe place to store your important documents and personal papers for you and your children.

How can you protect yourself after you leave? After you leave, you still need to protect yourself from abuse. This can be a dangerous time for you, as your safety may be at higher risk immediately after you leave. Your safety plan could include these actions:

- If you have a protection order, keep a copy of it with you at all times.
- If you have a protection order, show your co-workers and neighbours a picture of your ex-partner, and ask them to call police if they see your ex-partner.
- Arrange to have your mail sent to friends or family.
- Let your family members, close friends, co-workers, and school know that you've left your abusive partner. Ask them not to provide information if your ex-partner contacts them.
- Contact all business and government offices that send you money with your change of address.
- · Keep your cell phone charged and on you at all times. Screen your calls
- Change your passwords on your social media accounts, and make sure that your social media information is only available to your friends and family.
- Make sure your home is secure and take different routes home.
- Switch banks, grocery stores, and other services you normally use.
- Park in well lighted public areas close to the entrance, and have your keys ready on your way to your car.

How can you protect your children? Your children need a safety plan too. Plan this out by talking with them about safety. Consider this:

- Tell your children that their job is to protect themselves, not to protect you.
- Show them where they can go in the house that's safe if there's a violent situation.
- Set up a code word to use with your children during a violent situation in the home. If they hear you say it, they know to call for help.
- Teach them how to call 911, and what to say.

RESOURCE GUIDE

VANCOUVER ISLAND

ADVOCACY AND SUPPORT

THE MEN'S CENTRE - NANAIMO

The centre specializes in providing resources and support for men through coaching, counseling, and men's groups - a safe and supportive space to gain clarity, build resilience, and create a healthy life. https://www.themenscentre.ca

MEN'S THERAPY CENTRE - VICTORIA

Supporting all men*: cis, gay, bi-sexual, trans, non-binary, 2spirit, queer, gender fluid+, who has experienced emotional, physical or sexual trauma in childhood or as an adult. https://menstherapycentre.ca/MTC

THE MEN'S THERAPY NETWORK (MXN)

Offers in person and walk and talk counselling at Victoria and Duncan locations, or online sessions. https://www.mxnmenstherapynetwork.ca

TILLICUM LELUM ABORIGINAL FRIENDSHIP CENTRE

The friendship centre provides services to the urban aboriginal population of Nanaimo and area, including a Men's Wellness Program. https://www.tillicumlelum.ca

VANCOUVER ISLAND CRISIS LINE

A vital resource offering immediate, 24/7 assistance for individuals in crisis or distress. https://www.vicrisis.ca

VICTIM SERVICES

NANAIMO RCMP VICTIM'S SERVICES

303 Prideaux St. Nanaimo

GREATER VICTORIA VICTIM SERVICES

https://www.gvpvs.org

CRIME VICTIM ASSISTANCE PROGRAM (CVAP)

BC Government program that provides funds for victims of crime to help them recover from injury and financial loss. If you've been physically abused or harassed, you can apply. Benefits cover things such as lost wages, medical expenses, damaged clothing or eyeglasses, changing locks, and counselling. To apply phone Crime Victim Assistance Program: (604) 660-3888 (Greater Vancouver) (866) 660-3888 (elsewhere in BC).

https://www2.gov.bc.ca/gov/content/justice/criminal-justice/bcs-criminal-justice-system / if-youare-a-victim-of-a-crime/victim-of-crime/financial-assistance-benefits

(778) 676-2636

888) 494-3888

(250) 753-6578

(250) 755-3146

8 (250) 995-7351

(866) 660-3888



(866) 793-6367

8 (250) 716-1551

BC 211

Provides free information and referrals to community, government, and social services 24/7. https://bc.211.ca

CRISIS CENTRE BC

In your toughest moments, we offer more than just a listening ear - we provide a safe space for your thoughts and emotions, ensuring that you are never alone. https://www.crisiscentre.bc.ca/get-support/crisis-lines

NATIONAL SUICIDE CRISIS HELPLINE 8-8-8 Dial 9-8-8 (call or text) **BC MENTAL HEALTH & CRISIS RESPONSE 310-6789** No area code needed. **1-800-SUICIDE (800)** 784-2433

VANCOUVER AND LOWER MAINLAND

CANADIAN CENTRE FOR MEN & FAMILIES (VANCOUVER OFFICE) 8 (778) 819-2949

The Canadian Centre for Men and Families is Canada's hub for boys, men, fathers and families and provides resources for men experiencing domestic abuse and IPV. https://menandfamilies.org/centres-orig/vancouver

THE BC SOCIETY FOR MALE SURVIVORS OF SEXUAL ABUSE **(888)** 682-6482

BCSMSSA is a non-profit society established in 1997 to provide therapeutic services for male-identifying persons who have been sexually abused at some time in their lives. https://bc-malesurvivors.com

DUDE'S CLUB

Is a proven model for Indigenous men's wellness promotion that builds solidarity and brotherhood, enabling men to regain a sense of pride and purpose in their life. https://dudesclub.ca

DISABILITY ALLIANCE BC.

Support people, with all disabilities, to live with dignity, independence and as equal and full participants in the community. Offers service to those experiencing family violence who have disabilities. https://disabilityalliancebc.org

HELP LINES

VICTIMLINK BC

Provides information and referral services for victims of family and sexual violence and all other crimes. VictimLink BC is toll-free, province-wide, and is available 24 hours a day, 7 days a week. https://victimlinkbc.ca

HEALTHLINK BC

HealthLink BC is a source for trusted health information and services in British Columbia. https://www.healthlinkbc.ca

BC Suicide Prevention and Intervention Line.

VANCOUVER COASTAL REGIONAL DISTRESS LINE

(604) 872-1278

(800) 563-0808

8 2-1-1

8-1-1

8-8-8

(604) 872-3311

ACCESS PRO BONO – LEGAL SUPPORT

LEGAL AID BC

Offers a range of free services that may help individuals living in BC. Priority is given to people with low incomes, but many services are available to all British Columbians. (604) 408-2172 (Greater Vancouver). (866) 577-2525 (elsewhere in BC.)

https://legalaid.bc.ca

JUSTICE ACCESS CENTRES

(Abbotsford, Nanaimo, Surrey, Vancouver or Victoria).

Justice Access Centres are the place to come when you need help with family law issues and some other Supreme Court civil law issues. They offer a range of information and services designed to help people find an early and affordable solution, including the services of Family Justice Counsellors. # https://www2.gov.bc.ca/gov/content/justice/about-bcs-justice-system/justice-access-centres

PEOPLE'S LAW SCHOOL

People's Law School is a non-profit society in British Columbia, dedicated to making the law accessible to everyone. PLS provides free education and information to help people effectively deal with the legal problems of daily life.

https://www.peopleslawschool.ca







Working out life's legal problems since 1972

8 (604) 331-5400

866) 577-2525

📸 (250) 741-5447

窗 (604) 878-7400

CANADIAN CENTRE FOR MEN AND FAMILIES

The Canadian Centre for Men and Families is Canada's hub for boys, men, fathers and families and provides resources for men experiencing domestic abuse and IPV. https://menandfamilies.org

MEN AND HEALING

A national non-profit organization that provides resources and support for men who have experienced trauma, including domestic violence. https://menandhealing.ca

MALESURVIVOR - USA / CANADA

MaleSurvivor is dedicated to supporting for men who have experienced sexual assault or sexual abuse. Support is offered through online support forums, chat, in person events and education. https://malesurvivor.org

CANADIAN RESOURCE CENTRE FOR VICTIMS OF CRIME

Provides information, resources, and support for victims of crime, including male victims of domestic violence.

https://crcvc.ca



OTHER

GOVERNMENT OF CANADA: INTIMATE PARTNER VIOLENCE AGAINST MEN AND BOYS

Information and resources.

https://www.canada.ca/en/public-health/services/health-promotion/stop-family-violence/ intimate-partner-violence-against-men-boys-information-resources.html

MOVEMBER FOUNDATION

Support Directory. https://ca.movember.com/mens-health/get-support 844) 900-2263

(613) 482-9363

(877) 232-2610