

What to do

Talk: Discussing your feelings with friends, family or professionals can help you work through emotional trauma.

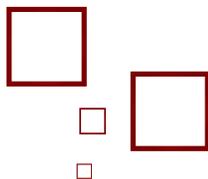
Acceptance: Understand that it was not your fault and that you had no control over the events that occurred during the victimization.

Practice patience: Realize that recovery may not happen overnight. Emotions and feelings need to be worked through.

Be good to yourself: It's okay to believe in yourself once more and to trust others again. Although this was a negative experience, you can overcome it. Don't be afraid to show your emotions. It is normal to experience difficult emotions at a time like this and keeping them inside may slow the healing process.

Where to turn

- trusted family members or friends
- employee assistance programs at your place of work
- mental health agencies
- social services
- physicians
- clergy



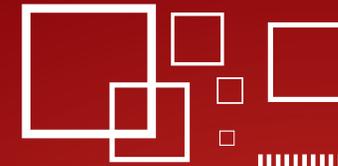
Dealing with trauma

We can never fully anticipate how one might feel after being victimized. No matter what type of crime you have been the victim of, it is possible you may suffer traumatic stress.

Your reaction to trauma is not a sign of weakness. It knows no gender or racial boundaries. It's important to know what you can do and where you can turn for help during this time.

**Calgary Police Service
Victim Assistance Unit
5111 - 47 Street N.E.
Calgary, Alberta T3J 3R2
www.calgarypolice.ca**

**Call 403-428-8398
Toll Free 1-888-327-7828
Monday to Thursday 8 a.m. to 9 p.m.
Friday 8 a.m. to 4 p.m.
Distress Centre 24-hour Crisis Line
403-266-HELP (4357)
www.distresscentre.ab.ca**



Victim Assistance Unit



Support □ Information □ Referrals

What we offer

Following a traumatic experience in which you are the victim of crime, misfortune or tragedy, you may be overwhelmed, confused and distrustful of others. You may experience feelings of:

- fear
- anger
- violation
- anxiety
- helplessness
- depression
- self-doubt
- stress
- isolation
- shock
- disbelief
- hurt
- “why me?”

The Victim Assistance Unit can help by providing the support, information and referral services you need to cope with these feelings.

Support

The Victim Assistance Unit will provide a listening ear, comfort and reassurance. We want you to know that you are not alone. It's alright to feel the way you do. Many people who are also victims share the same feelings.

We will talk to you on the telephone, visit you in your home or at the hospital, accompany you to court and, if necessary, provide bereavement support.

Information

When you want information about your case, we act as a direct resource to those handling your police file. There's no guessing and no confusion. We are here to lessen the effects crime has on victims. Your questions about police procedures, the court system and other important matters will be answered promptly and completely. For example:

- Has an arrest been made?
- When do I need to attend court?
- How do I file a Victim Impact Statement?
- Who is the police officer in charge of my case?
- Can I apply for restitution?
- How do I apply for financial benefits?

We offer a Court Support Program (CSP) facilitating preparation, orientation and accompaniment to court. We also have partnerships with agencies that provide specific court preparation for children and domestic victims.

We will provide resource material appropriate to your needs. We also have a program to help victims understand the trauma that robbery can cause.

Referrals

Putting you in touch with other community agencies and organizations that may be helpful is part of our service. These referrals include:

- counselling agencies
- distress/crisis lines
- shelters
- medical examiner's office
- social services/child welfare agencies

The Victim Assistance Unit is a source of support to thousands of Calgarians.

Our services are free and confidential.