



Canadian
Resource Centre for
**VICTIMS
OF CRIME**

RECOVERING FROM A VIOLENT CRIME



www.crcvc.ca

The Journey Ahead

Being a victim of violence or losing someone to a violent act may leave you with many unanswered questions.

Healing is possible: acknowledging your feelings and reaching out for support may help in your healing journey.



You're Not Alone:

- Over **25%** of people affected by violent assault experience acute stress symptoms
- Nearly **1 in 3** homicide survivors experience long-term trauma reactions
- Despite this, **most people begin to recover** with time, support, and care.

How Trauma Affects Us

Being a victim of violence can cause emotional, physical, and psychological stress.



Up to 94% of survivors of violent crime show trauma-related symptoms in the first month.

Common Responses:

- Flashbacks, nightmares, or unwanted thoughts
- Physical symptoms: fatigue, shakiness, nausea
- Trouble sleeping, eating, or concentrating
- Emotional overwhelm: sadness, guilt, anger
- **Acute Stress Disorder (ASD)** – a mental health condition that may develop after experiencing or witnessing a traumatic event – affects some of those impacted by violence.

Steps Towards Recovery

Recovery doesn't mean forgetting; it means finding ways to continue forward while also reconnecting with life and yourself.

What Can Help:

- Talk to trusted people or join peer groups
- Journal your thoughts and emotions
- Keep a gentle daily structure (rest, food, movement)
- Offer or receive support
- Let time work with you, not against you



While **fewer than 10%** of trauma survivors develop PTSD, those who do often improve with professional help. Early and consistent support may **significantly reduce long-term distress**.

Recovery is possible.

Navigating Grief After Homicide

The grieving process can be affected by many outside factors, that may make it even harder to feel supported or understood.



You Might Experience:

- Delays in the grieving process due to ongoing legal involvement
- Feeling like your pain isn't recognized or validated
- Isolation if your relationship isn't publicly acknowledged
- **Disenfranchised grief:** grief that is not openly acknowledged or socially accepted.

Survivors with disenfranchised grief may be at higher risk for long-term emotional distress, especially if they lack community or family support.

CRCVC Homicide Support Group

CRCVC offers a virtual, monthly Homicide Support Group for family members and loved ones of homicide victims, to support those dealing with violent loss. Anyone across Canada can join.

Join today by calling
(1-877-232-2610)
or emailing
(crcvc@crcvc.ca)
to do an intake.



You Are Not Alone

If grief or trauma is lasting or interferes with daily life, we're here to help. You deserve care - there is no shame in needing support.

Reach Out If You:

- Feel emotionally overwhelmed or feel unsafe with your thoughts
- Experience panic, depression, or anxiety
- Daily life becomes unmanageable
- You turn to alcohol or drugs to cope

Support Options:

- Family doctors or nurse practitioners
- Grief counsellors and trauma-informed therapists
- Community mental health agencies
- 24/7 crisis or distress lines
- Victim support services (free and confidential)

CRCVC supports victims of crime and their families, and can help in your healing journey. Contact us or visit our website to learn more.

