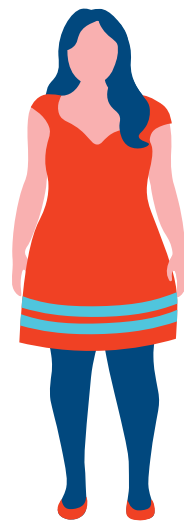


WOMEN'S VOICES: Intimate Partner Violence and Brain Injury

WHO AM I?



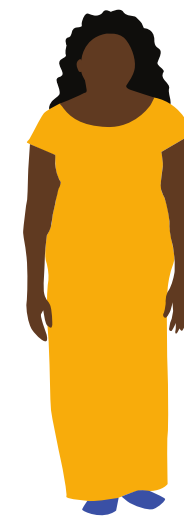
I am one of five women from The Cridge Centre who were interviewed because I left an abusive relationship and have a brain injury



I have been hit on the head, strangled and violently shaken by my abusive partner



I received many brain injuries over the course of many years from my abusive partner



Because of my brain injuries I have a higher chance of depression and PTSD



HOW HAS A BRAIN INJURY CHANGED MY LIFE?

EMOTIONAL

- Mood swings
- Difficulty coping with stress
- Feelings of shame, anger & detachment
- Feeling isolated
- Self-blame
- Hopelessness

PHYSICAL

- Memory loss
- Confusion & disorientation
- Personality changes
- Increased abuse during pregnancy

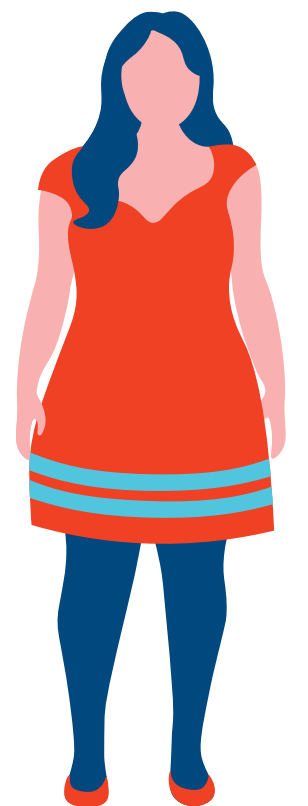


"IF FELT LIKE MY BRAIN HAD SMOOSHED, LIKE IT WENT SPLAT"

WHAT I EXPERIENCED WHEN I ASKED FOR HELP...

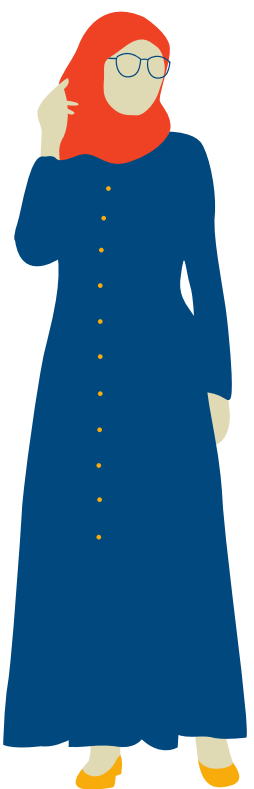


- Lack of empathy and understanding of brain injury
- Sense of hopelessness
- Not being taken seriously
- I could not find appropriate help



"I BLAMED MYSELF, ALL MY LIFE. THERE MUST BE SOMETHING WRONG WITH ME"

WHAT I NEEDED WHEN I ASKED FOR HELP...



- To be believed
- Trauma informed counselling
- More visible services
- Support groups
- Less delay in services
- Service providers that are knowledgeable about Brain Injury



"WE ARE THE EXPERTS ON OURSELVES. IF WE ARE COMING TO YOU, ASKING FOR HELP, IT'S BECAUSE WE NEED IT. LISTEN TO US!"