

TIPS

- Do not judge. The crime was not their fault, even though they may feel that way;
- Listen—some people will want to talk a lot about the crime; others will not;
- Do not try to rush healing, tell the person to move on or get over it. Healing may take time and there is no schedule;
- Be supportive even if he/she makes a decision you do not agree with;
- Make sure he/she has accurate information so he/she can make informed decisions;
- Call OVS—maybe we can help;

~ Our Mandate ~

Ottawa Victim Services (OVS) provides emotional support, practical assistance, referrals and advocacy to individuals who have been victimized as a result of crime or tragic circumstance, without judgment in order to lessen the impact of victimization.

Ottawa Victim Services
250 City Centre Ave, Suite 600
Ottawa, ON
Phone: 613-238-2762
Fax: 613-238-0735
www.ovs-svo.com



**You may know
someone who
has been
victimized by
crime....and we
may be able to
help**

Ottawa
VICTIM SERVICES
d'ottawa
SERVICES AUX VICTIMES

You may know someone...

About 1/4 of Canadians experience some kind of victimization every year.

Only 1/3 of them will report the crime to police.

Fewer will contact victim services for help or support, often because they do not know where to turn. Many, however, will lean on their family and friends, which can be an important source of support.

Therefore, if someone turns to you for help, or you suspect someone is being victimized, you can be a great support. If you know what options they have, where they can go for help and what their rights are, you can help them make informed decisions about moving forward.

You can call or visit our website at www.ovs-svo.com. We may be able to answer your questions about available services, the justice system or about how you can best support your friend or loved one.

Let us help you help someone you care about.

...and we may be able to help

- Emotional support after a crime
- Accompaniment and transportation to hospitals, shelters, court and Police services
- Police accompaniments for retrieval of belongings in cases of domestic violence
- Assistance filling out compensation forms and victim impact statements
- Assistance with obtaining financial /food supports through Ontario Works and local food banks
- Safety planning
- Provide information about community services, legal resources and justice professionals
- Help understanding options under the Victims Bill of Rights
- Provide emergency financial assistance in limited circumstances to eligible victims;

Common reactions

- Victims of crime often have a lot of questions about the crime and the justice system;
- The victim's reaction to the crime may depend on how serious they perceive it, if there was violence or if the victim has been victimized before;
- Victims may experience a range of emotions including depression, anger, shock and fear;
- There may be a financial impact of the crime in addition to the emotional and physical impact;
- Victims may be embarrassed or ashamed; they may feel responsible for the crime;
- Victims may not want to report the crime to the police;