

Intimate Partner Violence

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Are you a victim of intimate partner violence or know someone who could be?

Intimate partner violence includes domestic violence and family violence.

In case of an emergency, call 911

Police officers are the first responders in situations of domestic violence. In case of doubt, never hesitate to call 9-1-1.

Contact SOS violence conjugale

SOS violence conjugale is there to serve as the doorway to all services for victims of intimate partner violence and to provide referrals to victims.

SOS violence conjugale offers support, information and referrals to anyone affected by intimate partner violence (victims, children living in a context of domestic violence, family and friends, social workers and perpetrators of intimate partner violence).

Free, bilingual, anonymous and confidential assistance by phone, text message, chat or email. Services available 24/7.

- Web Site [SOS violence conjugale](#)
- Telephone: 1-800-363-9010
- Text message: 438-601-1211
- Email: sos@sosviolenceconjugale.ca

Here are some signs that can help determine if there is intimate partner violence:

- Your partner questions your interpretation of reality and your mental health.
- Your partner makes decisions for you or restricts your freedom, like preventing you from going out or seeing friends.
- Your partner keeps you away from others in your social network by preventing you from seeing them or communicating with them.
- Your partner threatens to hurt you or your loved ones.
- You feel afraid when you're in your partner's presence, even when there is no direct physical violence.
- Your partner exercises control via shared-parenting.
- Your partner compels you to share your geolocation without your consent.
- Your partner exerts disproportionate power over the family's spending and financial management.
- Your partner or ex-partner harasses you by phone, on the street, at work, etc.
- Your partner forces you to follow certain spiritual or religious practices.
- Your partner insults or criticizes you constantly.
- Your partner threatens you.
- Your partner forces you to have sexual relations.
- Note that this is not a complete list. These are signs that there may be physical, psychological, sexual or economic intimate partner violence. If any of these signs apply to you or to someone you know, it is important to get help.
 - [Interactive questionnaire – Is there control in my relationship?](#)
 - [Self-assessment questionnaire - Are there violent behaviours in my relationship?](#) (in French only)
 - [Self-screening questionnaire on post-separation intimate partner violence](#)

Help and resources

- In case of emergency or if you need immediate help, call 911.
- [Contact SOS violence conjugale](tel:1-800-363-9010): 1-800-363-9010
- Go to the [CLSC](#) nearest you. A professional will assess your situation and provide the help you need.

Non-exhaustive list of resources:

RESOURCES	BRIEF DESCRIPTION OF SERVICES OFFERED	WHO ARE THESE SERVICES FOR?	CONTACTS
Côté Cour	Help for victims and safety net throughout legal procedures	Victims of conjugal or family violence and children	Palais de justice 514-868-9577, ext. 0 Montréal municipal court 514-861-0141, ext. 0
CAVAC (Centre d'aide aux victimes d'actes criminels)	CAVACs provide information and support for victims of crime	Victims of crime	1-866-532-2822
Shelters for women who are victims of intimate partner violence	Shelters offer free telephone support, as well as external consultation and a safe place to stay	Victims and their children	Contact SOS violence conjugale : 1-800-363-9010 Text message: 438-601-1211 sos@sosviolenceconjugale.ca Referrals to shelters (SOS violence conjugale can make the call for you)

RESOURCES	BRIEF DESCRIPTION OF SERVICES OFFERED	WHO ARE THESE SERVICES FOR?	CONTACTS
			Or see the list of shelters that are members of Regroupement des maisons pour femmes victimes de violence conjugale or of Fédération des maisons d'hébergement pour femmes
Contact info – DPCP violence conjugale et sexuelle	Telephone line to get information about the judicial process, filing a complaint with the police and authorizing charges to be laid in a case of intimate partner violence	Victims of sexual and/or conjugal violence	1-855-643-4085 info@dpcp.gouv.qc.ca
Rebâtir	Free legal advice for victims of sexual and/or conjugal violence	Victims of sexual and/or conjugal violence	1-833-732-2847 projet@rebatir.ca
IVAC (Indemnisation des victimes d'actes criminels)	Financial compensation to ensure their safety and recovery, etc.	Victims of crime	1-800-561-4822
Women's Centre of Montréal	Protection of rights, referrals, counselling, daycare services, support, etc.	Women in difficulty	Personal support: 514-842-4780 Job support: 514-842-6652

Service organizations for men in difficulty:

- [Regroupement des organismes pour hommes de l'île de Montréal](#)
- [Maison oxygène](#)
- [Centre de ressources pour hommes de Montréal](#)
- [À cœur d'homme](#)
- [YMCA](#)

Organizations for perpetrators of violence

- [Avant Coup](#)
- [Service d'aide aux conjoints](#)
- [OPTION Une alternative à la violence conjugale et familiale](#)
- [Harmonie conjugale](#)

Organizations for Indigenous people victims of intimate partner violence

- [Accès aux services pour les Premières Nations et les Inuit](#)
- [Resources for Indigenous Women, Girls and 2SLGBTQIA+ individuals](#)
- [First Peoples Justice Center of Montreal](#)

Tools

- [Digital platform on coercive control](#) (in French only)
- [Tools to understand, identify and intercede in coercive control](#)
- [Mieux comprendre la violence conjugale](#) (in French only)
- [Tools for victim-survivors and their allies – SOS Violence conjugale](#)
- [Screening questionnaire and Video on post-separation intimate partner violence](#) (in French only)
- [Interactive questionnaire – Is there control in my relationship?](#)
- [Self-assessment questionnaire - Are there violent behaviours in my relationship](#)
- [SPARX](#) is a program that aims to promote positive intimate and romantic relationships and prevent dating violence among high school youth. The program was developed by UQAM, TEL-Jeunes and the DRSP. It is intended for youth, caregivers and school staff.