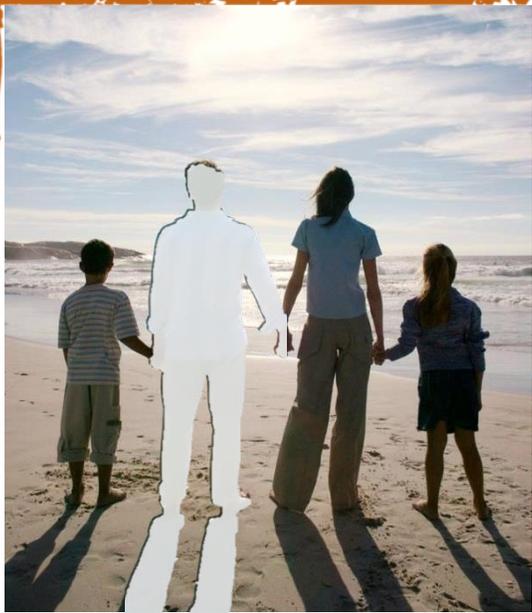


Homicide affects everyone.

There is hope for healing.



Losing a loved one to homicide is a tragic and life-altering experience. Family members and friends of the victim are suddenly faced with painful grief and isolation. Survivors need to make important personal and legal decisions while trying to cope with these complex emotions, and many are left to care for families on their own.

Crisis Intervention Service provides free and confidential services to support survivors during the traumatic time following a homicide and into the future.

FREE & CONFIDENTIAL
services in these counties:

Allamakee	Floyd
Cerro Gordo	Hancock
Chickasaw	Howard
Clayton	Mitchell
Delaware	Winnebago
Dubuque	Winneshiek
Fayette	Worth



Crisis Intervention Service

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www.cishelps.org

641-530-5180



**Help for
survivors of
homicide
victims**

Crisis Intervention Service

641-530-5180
www.cishelps.org



HEALING IS POSSIBLE

Nothing can erase the pain of losing a loved one to homicide, but healing is possible. The amount of time needed for grieving is different for every person, and can often take a long time. The most important thing to remember is take care of yourself first.

- Don't get discouraged if you have a bad day. Grief and healing are never "complete" and can affect you in different ways. For example, it is normal to feel happy, angry and sad in the same day.
- Talk about your feelings.
- Take care of your mind and body. Read, write, exercise.
- Get plenty of rest and eat regularly.
- Do the things that make you feel good. You will likely receive lots of advice, but remember that you are the only one who knows what you need.

KNOW THE STATISTICS*:

- Two of every five female murder victims are killed by an intimate partner.
- More than two-thirds of victims murdered by a spouse or ex-spouse are killed by a gun.
- Most homicide victims under age 5 were killed by a parent.
- Murders related to adult or juvenile gang violence have quadrupled in the last two decades.
- 25% of gang-related homicides are juveniles (under age 18).
- Most murders are intraracial (murderer and victim are the same race).

**From the Bureau of Justice Statistics
<http://www.bjs.gov/index.cfm?ty=pbdetail&iid=2221>*



CRISIS INTERVENTION SERVICE SURVIVORS OF HOMICIDE PROGRAM

- 24-hour crisis line
- Family and individual counseling
- Advocacy to support survivors through the criminal justice system and help connect with needed community resources
- Accompaniment to law enforcement meetings and court proceedings
- Information and referral
- Community education
- Support groups

Homicide is a violent crime that may leave survivors feeling helpless, alone, afraid, confused, embarrassed, and sometimes even non-emotional or numb.

**With understanding and support,
there is hope for healing.**

WE CAN HELP