

Misuse can be a coping strategy

Root of the problem needs to be discovered

For many women, substance use or misuse is a coping strategy for dealing with present or past abuse issues.

Battered women often use alcohol, drugs or prescription medications to cope with abuse happening in their homes and within their families.

Substance misuse is often a direct response to their victimization and is a way to numb the emotional or physical pain of the abuse and to manage daily life.

Some reports indicate women in community samples report a lifetime history of physical or sexual abuse ranging from 36 – 51 per cent while women with substance misuse issues report a lifetime history of 55 – 99 per cent.

The majority of research suggests women are overwhelmingly the gender prescribed tranquilizers, hypnotics, sedatives or stimulants.

Often, women may see their doctor about a variety of complaints such as migraines and other headaches, stomach problems, stress, fatigue, insomnia or anxiety which could be a direct result of abuse or past-experienced abuse.

Quite often medication is prescribed for symptom relief while the root cause goes undetected and untreated.

Quesnel Women's Resource Centre can support and assist women who are presently in an abusive relationship, have left an abusive relationship, have historical sexual abuse issues and /or have

substance misuse issues.

The Centre has two Stopping the Violence counsellors who are trained to help women living in these circumstances.

The Centre also offers advocacy and outreach services, referrals, assistance with applications or court accompaniment, access to a computer, emergency food or toiletries, a library with ample resources on addictions an abuse, as well as health services through our Luna Women's Wellness Clinic including STD testing, pregnancy testing, PAP tests, breast exams, morning after pills or any questions related to women's health.

If you or someone you care for needs support, call Woman's Resource Centre, 992-8472.