



# ***“Interpersonal Violence”***

Interpersonal violence is the harmful physical and psychological behaviour by a person or group of people toward another person.

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# ***“Interpersonal Violence”***

Interpersonal violence is a type of potentially psychologically traumatic event or stressor.

Interpersonal violence can contribute to mental health conditions in either the person causing the harm or the person who is harmed.

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# ***“Interpersonal Violence”***

Examples of interpersonal violence include intimate partner violence, elder abuse, and workplace violence.

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## RESOURCES

**IF YOU OR SOMEONE YOU KNOW IS IN IMMEDIATE DANGER, PLEASE CALL 9-1-1.**

**Help is available 24/7 for suicide prevention and mental health.  
Here are some resources:**

- **Talk Suicide Canada: 9-8-8**
- **For Quebec residents: 1-866-APPELLE (277-3553)**
- **Kids Help Phone: 1-800-668-6868 or text CONNECT to 686868**
- **Hope for Wellness Helpline for Indigenous peoples: 1-855-242-3310**
- **Trans Lifeline: 1-877-330-6366**
- **Wellness Together Canada**

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# Glossary of Terms

## Background

The Glossary of Terms was created to promote a shared understanding of many common terms used to describe mental health challenges arising from exposure to potentially psychologically traumatic events and stressors.

The initial iteration of the glossary was intended to

1. Facilitate open discourse and conversations among the many partners and stakeholders at the National Conference on PTSD held in 2019; and,
2. Assist in developing the Federal Framework on PTSD. To date, Act C-211 stands as the only federal government Act that acknowledges the importance of work-related risk factors in the development of PTSD in certain professions.



# COLLABORATING

The Glossary of Terms brings together a diverse, multi-institutional, pan-Canadian group of academics, clinicians, and policy makers. Together, we are working towards a broadly accepted set of terms for clinicians, scientists, policymakers, people with lived experience, and the general public.

