

The Redwood adopts a trauma informed care model which emphasizes physical, psychological and emotional safety for women and children to help rebuild a sense of control and empowerment.

Women who have experienced domestic violence are three to five times more likely to feel suicidal, compared to women who have not (Western University, Centre for Research and Education on Violence Against Women & Children.)

The risk of developing depression, PTSD, substance use issues, or becoming suicidal was three to five times higher for women who had experienced violence. 50% of women who have experienced violence also have had a mental health diagnosis (Canadian Women's Foundation.)

83% of women in treatment for depression had been exposed to severe physical violence or sexual abuse as a child or adult (Canadian Women's Foundation.)

Women already experiencing mental health issues are vulnerable to violence, as those with mental or behavioural disabilities are four times more likely to experience it (Disabled Women's Network of Canada)

Shelters and transition houses have reported that over half of women suffer from major depression and over 33% suffer from PTSD (Canadian Women's Foundation.)

The Canadian Mental Health Association found a significant connection between experiences of sexual violence and suicide attempts, a correlation that is twice as strong for women (Canadian Mental Health Association.)

