



IMPACT OF FAMILY VIOLENCE ON MENTAL WELLNESS

RESULTS FROM
SIKH FAMILY CENTER'S NATIONAL SURVEY





Sikh family violence survivors reported experiencing more than double the poor mental health days (in the last month) compared to other respondents.





67 % of Sikh family violence survivors reported at least one poor mental health day in the last month.



1 in 4 Sikh family violence survivors reported having had thoughts of harming themselves.



Majority of people who reported being close to a family violence victim-survivor said they felt they did not know how to appropriately respond to the victim-survivor.





Disclaimer:

Data was collected in Sikh Family Center's last national surveys conducted between 2017-2019, from 500 Sikhs across U.S. states. Though it is not representative of the entire Sikh population in the U.S., the stats presented here provide a glimpse into pressing issues facing the Sikh community and the need for increased community-appropriate and trauma-centered services and resources.

Sikh Family Center Non-Emergency National Helpline

866.SFC.SEWA | 866.732.7392

Free | Peer Support | Private | Punjabi & English

Suicide & Crisis Lifeline 988

@sikhfamilycenter