

Non-Fatal Strangulation Health Impacts Fact Sheet



Strangulation can cause serious internal injuries, even when there are no visible marks. It is important to seek medical attention as soon as possible.



BRAIN INJURY

- The voice box (larynx) may be injured
- Voice changes, hoarseness, or voice loss
- Difficulty swallowing
- Breathing difficulties - shortness of breath



BLOOD FLOW & STROKE RISK

- Blood vessels in the neck may be damaged
- Stroke can occur hours or days later
- Blood flow to the brain may be affected
- Internal damage can occur without visible marks



THROAT & BREATHING PROBLEMS

- Reduced oxygen supply to the brain
- Difficulty with memory and concentration
- Problems with clear thinking
- Physical weakness or fatigue
- Chronic migraines and headaches



DELAYED SYMPTOMS

- Dizziness, headaches, or neck pain
- Memory difficulties or confusion
- Swallowing difficulties
- Hearing and/or vision decline



EMOTIONAL & PSYCHOLOGICAL IMPACT

- Anxiety, fear, or feelings of sadness
- Confusion or emotional distress
- Nightmares, flashbacks, or sleep difficulties
- These responses are common - support is available



ADDITIONAL HEALTH RISKS

- Reduced oxygen supply to the brain
- Difficulty with memory and concentration
- Problems with clear thinking
- Physical weakness or fatigue
- Chronic migraines and headaches

SEEK MEDICAL ATTENTION

Even without visible injuries, internal damage may have occurred. If there are immediate concerns, please call 000 or attend a hospital emergency department. If you have symptoms present, but not life threatening, connect with a GP as soon as possible.



WARNING SIGNS TO WATCH FOR

Difficulty breathing or swallowing
Changes in voice or loss of voice
Red spots (petechiae) on face, eyes, or neck
Dizziness or loss of consciousness
Neck pain or swelling



SUPPORT & HELPLINES

DVConnect - 1800 811 811
Lifeline Australia - 13 11 14
1800RESPECT - 1800 737 732
Full Stop Australia - 1800 385 578

YOU ARE NOT ALONE. SUPPORT IS AVAILABLE.

All services listed above are free, confidential, and available 24/7.

The Red Rose Foundation provides support for survivors in QLD impacted by non-fatal strangulation and domestic and family violence.