

WHAT ARE THE BENEFITS OF WORKING WITH UP2U?

We can help you to:

- recognise and stop using abusive behaviours
- learn how to cope with and manage overwhelming feelings
- learn to manage the way you think, feel and then act

This will help you to have:

- healthier relationships
- happier children who will be less likely to become abusive or a victim of domestic abuse
- reduced feelings of guilt and shame
- less involvement with the police and other services



MY APPOINTMENTS

CONTACT INFORMATION

UP2U: Creating Healthy Relationships
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WANT HEALTHIER RELATIONSHIPS?

IT'S UP2U

Do you:

- recognise that you use abusive behaviours in your relationships with partners?
- want to take responsibility for these behaviours and want to stop being abusive?
- want to have healthy relationships?

IF THE ANSWER IS YES THEN WELCOME TO UP2U.

We can work with anyone over 16 as long as they want to change their behaviours. For those who want to change we can really help you achieve your aims and make positive changes.



WHAT DOES UP2U OFFER?

We offer a free service to anyone over the age of 16 who recognises that they use abusive behaviours in their relationships.

We can create a programme just for you, tailored to your needs and behaviours to support and enable you to make positive changes.

THE UP2U TEAM CAN:

- design a programme just for you
- support you to complete the programme and make positive changes
- encourage and motivate you
- challenge abusive thinking and help you break the cycle
- provide information about domestic abuse and the impact on victims and children

SUPPORT

FOR PARTNERS

We also offer support to your partner/ex-partners. This is to ensure they are part of risk and safety planning, but also so that they understand that as you go through the programme you will be making some positive changes.

FOR CHILDREN

If you have children or are living with children, abusive behaviours will also have an impact on them. To support your children while you are on the programme we can work in partnership with your children's services, their nursery, schools and other organisations to help you all benefit and develop healthier relationships.