

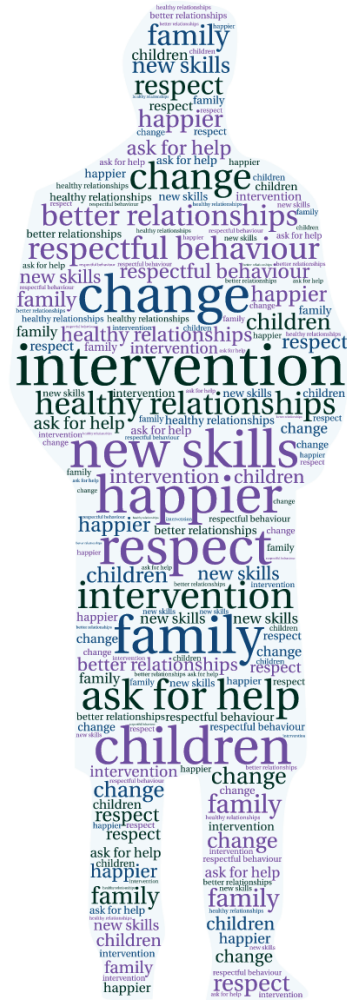
How much does it cost to attend the intervention?

The intervention is **FREE** to attend.

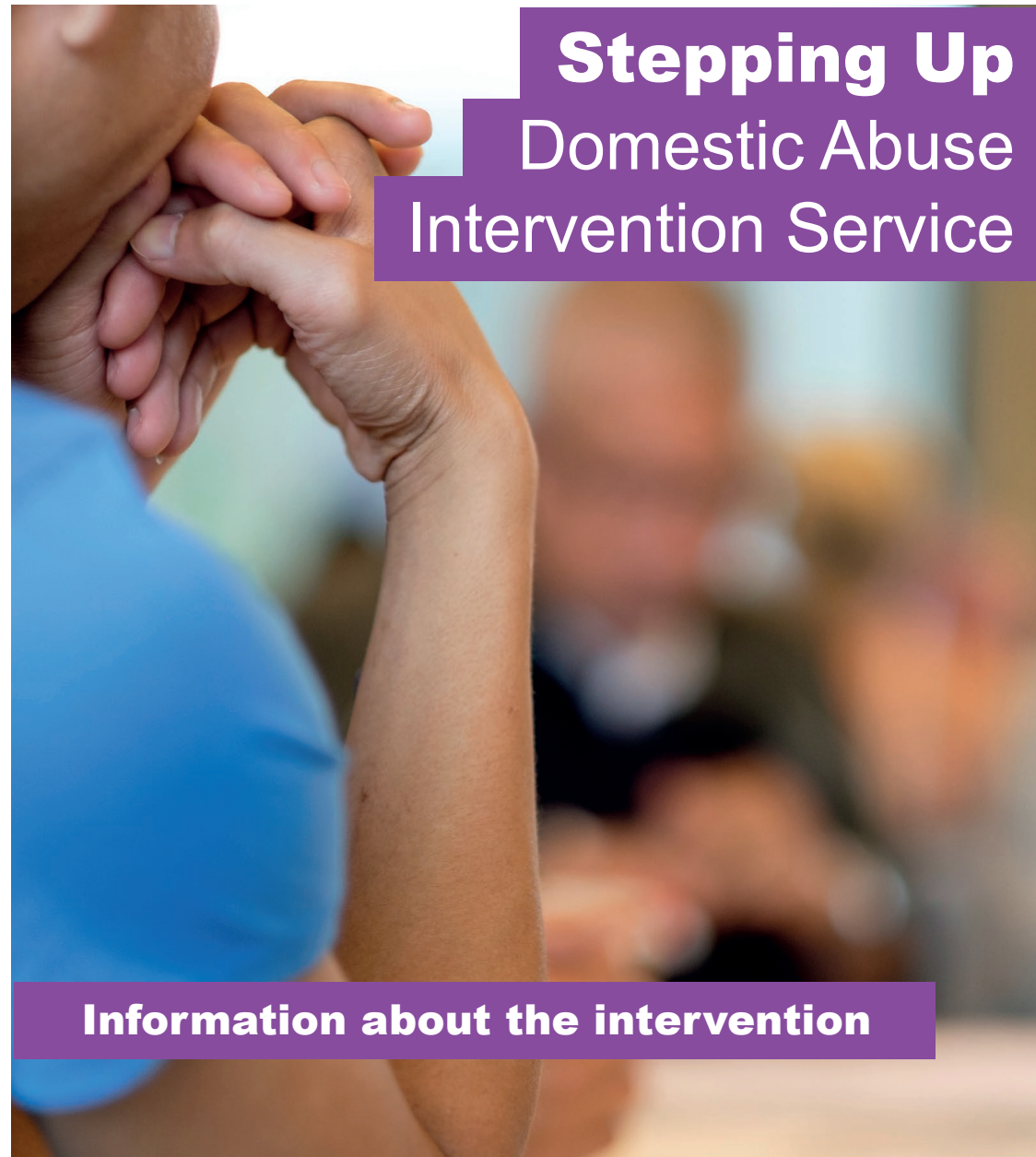
Will the intervention help me?

Research shows that when a person completes an intervention, they are less likely to continue their abuse.

It cannot guarantee dramatic changes, but if you really want to change, the intervention can teach you skills that will help you make clearer, more conscious choices about your behaviour in relationships.



Stepping Up Domestic Abuse Intervention Service



Contact information

Telephone: 01622 356477 / 07921 937889

Email: SurreyDAinfo@ksscrc.scc.gsi.gov.uk

www.surreyagainstda.info

Information about the intervention

Who can access the intervention?

Anyone who acknowledges that their behaviour towards their partner or ex-partner has been abusive and wants to work towards stopping it from happening again.

How can I access the intervention?

The first step is to decide if you want to change your behaviour. After that, you can either refer yourself, or if you are currently involved with another agency, such as Children's Services, they can refer you.

You or the agency should contact us on **01622 356477** or **07921 937889** or email SurreyDAinfo@ksscrc.scc.gsi.gov.uk, and we will offer you an interview to assess your suitability for the intervention and discuss the changes you want to make.



What happens next?

If assessed as suitable, we will invite you to attend our intervention for a duration of 5-15 sessions. These will be a mixture of group and one-to-one sessions. The number and type of sessions will be tailored to your needs.

We will also contact your partner, or if your relationship has ended your ex-partner, before you start the intervention to offer him/her support via a Partner Link Worker. All individuals who take part in the service are required to provide consent for our staff to make contact with their partner/ex-partner.

What will I learn on the intervention?

The intervention creates a safe and supportive space for you to explore and understand your use of abusive and controlling behaviour in your relationships. The aim is to build respectful relationships by ending all abusive behaviours such as violence and coercion.

If you choose to come to the intervention, you will:

- Learn about the types of behaviours that damage relationships
- Get a better understanding of yourself
- See how personal issues can play a part in abusive and coercive behaviour
- Explore your strengths and build on these to improve your relationships
- Learn new skills to help you overcome difficulties you face.

The intervention usually involves some group work so that you can learn from others who have similar experiences to yourself and give each other support.

You may also receive support from one of our volunteer mentors while you are on the intervention. They can assist you with access to other services that might help you.