

a world  
without  
domestic  
abuse.

We are a charity and need your help to carry out our valuable work. Please visit our website and donate anything you can. **Thank you.**

This service covers Portsmouth, Havant, Fareham, Gosport and surrounding areas



**STOP  
DOMESTIC  
ABUSE**



Stop Domestic Abuse is an innovative and unique provider of all services to those affected by domestic abuse.

We don't just protect and work with victims, we help perpetrators, the police and many other organisations.

**Our vision is a world without domestic abuse**

Stop Domestic Abuse is the trading name of Southern Domestic Abuse Service  
Registered Charity Number 1146773.

#### Contact Us

##### By phone

Hampshire: 0330 016 5112  
Portsmouth: 023 9206 5494  
Text: 07708 111897

##### By email:

[advice@stopdomesticabuse.uk](mailto:advice@stopdomesticabuse.uk)

##### Through Social Media:

@southerndas  
#stopdomesticabuse

# Are you tough enough?

If you have hurt or are hurting someone, there is plenty of help available for both of you.

This is the programme for those tough enough to ask for help.

**We offer a confidential support service to everyone affected by domestic abuse**

[stopdomesticabuse.uk](http://stopdomesticabuse.uk)

**STOP  
DOMESTIC  
ABUSE**

Sometimes when we argue I SHOUT at her. She is scared of me. I get angry with her and I totally lose it... It's like a RED MIST comes down. She's always nagging me.

I slapped him once and I PROMISED myself it would NEVER happen again – but it did... I just get SO FRUSTRATED with him. He never listens to me.

## DO YOU WANT HEALTHIER RELATIONSHIPS?

### 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?

## IF THE ANSWER IS YES

### THE TEAM CAN:

### WHAT IS IT?

A service offered free to anyone over the age of 16 who recognises that they use abusive behaviours in their relationships and wants to change.

1. Offer a detailed assessment to listen to you and find out how we can best support you.
2. Help you see the impact of domestic abuse on partners and children.

### OTHER SERVICES

#### Partners

We offer support to partners/ex partners to ensure they are part of risk and safety planning, and they understand that as you go through the programme you will be making some changes.

#### Children

If you have children or are living with children, abusive behaviours will also have an impact on them. If other services are involved, we can still work with you and will talk to them about what you are covering in the Up2U programme.

- A programme to help with replacing unhealthy patterns of thinking, feeling and behaviours and make positive changes.
- Weekly drop ins to support access to wider help.

3. Support you to recognise your positive and healthy behaviours as well as those unhealthy and abusive behaviours you want to change
4. Encourage and motivate you.