

# STOP DOMESTIC ABUSE

a world  
without  
domestic  
abuse.

Do you feel your past intimate relationships have impacted how you respond in your every day interactions?

For example with your current partner, family, friends or professionals.

Even though you're no longer trapped in a harmful relationship, the effects can continue.

Feelings may include:

- Finding it difficult to trust people
- Experiencing feelings of blame, guilt, shame or embarrassment
- Having difficulty in expressing feelings and needs/wants.

**Up2U:My Choice** operates throughout **Portsmouth, Havant, Fareham, Gosport and East Hants**. The programme can support you with making positive changes. It is suitable for anyone age 16+ who feels they want to change their behaviours in their relationships and who wants to learn the skills needed to do this.

**Get in touch for a chat on the number below.**

## What people say about Up2U:My Choice

*"For people who are thinking of making a referral, I would say go for it... it can only bring positivity and if you don't think Up2U:My Choice is working for you, you can withdraw at any time."*

*"In my case, Up2U:My Choice changed my life".*

*"I had some reservations regarding engaging with Up2U:My Choice as I had to speak about my life, however things had got so bad that I knew I had to seek help. I did not know what to expect when meeting my facilitator and I felt really anxious, I was too wrapped up in myself but the first meeting felt warm and welcoming."*



## CONTACT US:

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Stop Domestic Abuse provides all services to those affected by domestic abuse including victims, children and perpetrators.

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

We  
need  
to talk