

# STOP DOMESTIC ABUSE

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

a world  
without  
domestic  
abuse.

## Do you want a healthier relationship?

If you have used or are using unhealthy or abusive behaviours Up2U: Creating Healthy Relationships programme is available to support both of you.

### 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 so:

- This service is offered free to anyone over the age of 16 who recognises that they use abusive behaviours in their relationships and **wants to change**.
- It is a programme to help with replacing unhealthy patterns of thinking, feeling and behaviours and make positive changes.

*“Any slightest thing would happen and set me off. I don’t know where the aggressiveness and anger came from. It grew within me and I couldn’t stop it. If you’re thinking about making a referral, do it. It will change your life like it has changed mine.”*

**Programme completer**

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

### 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.



**The Up2U programme operates in Portsmouth, Havant, Fareham and Gosport.**

### 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**