

SEE
THE SIGNS

SEEK
SUPPORT

STOP
THE CYCLE

Forces Intervention Programme

Support for service
personnel and veterans
who want to change
abusive behaviours.

FEAR
FREE

**BREAKING
THE CYCLE
OF ABUSE**

IS IT ABUSE?

If you are reading this, you might be wondering if your behaviour is abusive.

Abuse takes many forms including:

**CALLING YOUR PARTNER NAMES,
HUMILIATING THEM OR SWEARING AT THEM**

**JEALOUS BEHAVIOUR AND CHECKING
UP ON YOUR PARTNER**

**PUNCHING WALLS, THROWING THINGS
OR DAMAGING PROPERTY**

**CONTROLLING YOUR PARTNERS
ACCESS TO MONEY**

**PHYSICALLY HURTING, THREATENING
OR FRIGHTENING YOUR PARTNER**

UPSETTING OR SCARING YOUR CHILDREN

Admitting you need help is hard, but it is the first step in stopping these behaviours and keeping your partner and children safe.

HOW CAN I GET HELP?

Our free course will help you to change your behaviour. You'll be expected to attend one session a week as part of a group or individually. Your partner, children and anyone else affected by the abuse will also be offered one to one support.

About the course:



DOES NOT TAKE PLACE AT YOUR MILITARY BASE



NON JUDGEMENTAL



OPEN TO ALL RANKS



CONFIDENTIAL

WHO CAN ATTEND THE COURSE?

The course is available to:



REGULAR AND RESERVE SERVICE PERSONNEL WHO LIVE OR WORK IN WILTSHIRE.



VETERANS WHO LIVE OR WORK IN WILTSHIRE.

HOW DO I SIGN UP?

For more information contact:

Support Team

01225 775 276 (9am – 5pm, landline call rate)

spa@fearfree.org.uk

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**Local Support for
Domestic Abuse**

fearfree.org.uk



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