



180°

Changing abusive behaviour.
Creating healthy relationships.

The 180° Project

Are your actions hurting loved ones?
Do you want to stop?





The 180° Project

The 180° Project is a service that works with you to create an individual plan to help you form healthy relationships.

We understand that it can be difficult to talk about these things, but we will listen to you and help you identify your key priorities to make changes.

You will be allocated a case manager and together you will create a plan **that works for you** and agree how long this will last. The average length of support can range from 3 - 6 months.

One-to-one sessions with case managers offer a non-judgmental space for you to talk about your concerns, to reflect and work on building healthy relationships. When you meet with your case manager for the first time, the confidentiality agreement will be discussed with you.

180° will **support you** to recognise the difference between a healthy and unhealthy relationship, and learn to safely manage your actions and emotions.

Our sessions will help you understand the impact of your abusive behaviour and show you skills for better relationships and parenting.



ISS (Integrated Safety Service)

Alongside all of our prevention services we work with current or ex-partners to check in with them and offer them support.

Extra resources

You can also contact Respect for support if you are concerned about how you treat your partner. You can call their phone line on **0808 8024040**



Get in touch.

Find out more about this programme and the referral process by contacting our team:

07974 608015

180derbyshire@findtheglow.org.uk

findtheglow.org.uk

We work as part of a Coordinated Community Response (CCR) model that brings services and partners together to make sure that we keep survivors and their families safe, hold those that use harmful behaviours to account, and address, overcome and end domestic abuse.



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