

Behaviour Change - Essex

Have you hurt your partner or been abusive?

Have you done something you feel concerned about?

Want to change?



What is The Change Project?

The Change Project is a Community Domestic Abuse prevention service for men or women who want to take positive steps to change the way they behave in relationships.

The programmes are delivered throughout Essex and assessment sessions are held in Chelmsford.

How will a programme help me change?

Completing the programme will enable you to take responsibility of your abusive behaviour and acknowledge the effects of your use of abusive behaviour on your partner, ex-partners, children, others and yourself. With this knowledge and the support of the Essex Change Project team, you will be working towards changing your behaviour to improve your relationships.

Who can attend the programme?

Anyone who is ready to change their behaviour can be referred to a programme. A short assessment will be carried out to determine whether the programme is suitable for you.

What about confidentiality?

Limited confidentiality is provided whilst you are on the programme. We will only share information that raises a concern, in order to maintain safety for you and your family.

CALL 08453 72 77 01

The Change Portfolio T/A The Change Project
Charity No. 1053948 Company No. 3167701



Behaviour Change - Essex



Integrated Support Service

Increasing the safety of victims of domestic violence and abuse.

What support will I have?

We offer support to all partners or ex-partners of people who join our programmes. The partners are contacted at a convenient time at regular intervals during the programmes and for up to 6 months after the programme finishes. Information can be provided about the programme and your partner's involvement with it.

My partner has not hit me, is this the right programme?

Domestic abuse covers a range of behaviours. Any man or woman who is ready to change their behaviour can be referred to the programme and will be assessed whether the programme is suitable for them or not. The programme addresses all types of abusive behaviour, not just physical abuse.

I'm not sure I want to get involved...

It would be your decision. The services are voluntary and whether you accept the service or not does not affect your partner or ex-partner's suitability assessment outcome. However the partner's service is highly recommended.

This programme is delivered locally in Basildon, Chelmsford, Colchester, and Harlow.



Contact Us:

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**The Change Project
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See website for more details:

www.thechange-project.org

Useful Numbers

Victim Support	0808 16 89 111
Samaritans	116 123
Respect	0808 802 40 40
Essex Police	101
In an emergency	999
24hr DV Helpline	0808 2000 247
Men's advice line	0808 801 0327