

**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](mailto:spa@fearfree.org.uk)

## Joanna Ritson

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Local Support for  
Domestic Abuse

[fearfree.org.uk](https://fearfree.org.uk)



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