

# WHAT WE OFFER

## Wellbeing Coaches

## Independent Domestic Violence Advisors (IDVA)

### Support to recover from Domestic/Sexual Violence

1:1 support sessions tailored to your needs

Support to report to the police if you choose to

Practical support to stay safe

Emotional support to help you recover

Location flexible, to be agreed with your coach

In person, telephone or online

### Make it work for you :

- Be ready to talk about what you need from the service
- Be able to keep in touch with us
- Attend your appointments - or let us know if you can't make it

### For More Information:

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Because there is high demand for this service, if you miss appointments without explanation, or we can't get hold of you for a number of weeks, we will not be able to continue working with you.