

before support



following support

You will have improved knowledge about abuse

You will have better coping skills to manage emotions and future life events

- "I now sleep at night"
- "I feel empowered. I can do this and my life is going to be better"
- "I am more accepting of things that have happened in the past and things are now in place to help me manage"
- "I now feel capable of doing what I need to do to make me and my child happy"
- "I feel stronger and my routinely soaring, debilitating anxiety has begun to calm down just a bit"
- "I feel more positive and better about myself. I also feel more confident which is hugely important"
- "I can now recognise abusive behaviour and know it is ok to contact the police if I need to, rather than protecting my perpetrator"
- "I am now free and I don't feel trapped and scared to do what I want to do"
- "I realised things had changed when I went 6 hours without looking at my phone.....and when I did, there were no calls or texts from my ex"
- "I now have safety precautions in place, I'm in a much better place"



Are you ready?

A guide to your journey with us

Why not get in touch:

Chat via our website www.thenextchapter.org.uk
Use 'Chat function' or Contact Us page

COMPASS Essex Domestic Abuse
Helpline: 0330 333 7 444 www.essexcompass.org.uk

COMPASS

Registered charity no. 1058295
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your journey

You may be referred into our service by another professional you are working with or you may make contact with Next Chapter yourself for support.

We will help you with:

Emotional support

To build empowerment and self esteem

Practical support

Be the link with all agencies working with you to make sure your voice is heard and to signpost you to services as needed

Education support

Healthy relationships advice, relapse prevention, cycle of abuse and the impact awareness

We will support you with:

- > Family dynamics
- > Mental Health
- > Physical Health
- > Sexual Health
- > Criminal Justice
- > Finance
- > Housing

You may be referred to additional recovery programmes or therapeutic services as needed

STEP 01

Our first conversation
when it's safe for you to speak

We need to collect some basic information first of all to make sure we offer you the most appropriate service to help you.

> We'll ask you about your personal information and contact details

> We will do regular assessments to help you manage any immediate risks. We will also work on a good safety plan together.

> We'll tell you about what we'll do with your data and ask your permission. We'll also explain the duty of care we have to keep you and your family as safe as possible

> We'll discuss what it is that YOU want to happen next and a support plan will be developed with you to help meet your needs

STEP 03

Meeting your Practitioner

Support Planning
Ongoing

Now we understand more about your needs, we will allocate you to a specific practitioner who will be your main point of contact

You will receive a call from your allocated practitioner who will introduce themselves and see how you are and if there have been any further incidents etc. since the last contact with Next Chapter. You'll spend some time getting to know each other and agreeing next steps in terms of priorities about what YOU want to have happen next.

STEP 04

Risk Assessment
Ongoing

We will continue to assess risk throughout your journey with us. We will work with you to help you manage this by discussing appropriate additional actions you may like to take.

STEP 05

Signposted to Counselling Services

STEP 06

Final Safety Plan completed

We will ask you for feedback on how you found our services so we can continue improving.

The average programme of support lasts for between 6 and 24 weeks but we will be guided by what your needs are and what you want to have happen.