

Services for people aged 23+



Initial Consultation (£60). Contact us by phone, email, text, or WhatsApp to book a one-hour consultation, usually available within seven days. Sessions are offered via video call or in-person at our Leeds or West Midlands office. In the meeting we will offer welfare advice, answer your questions about the justice system, discuss sources of support and explain how our programmes could help you address behaviours.



The Safer Lives Programme. The programme has been developed to help address your online and other problem behaviours alongside offering further emotional support and advice. It is facilitated over five hour-long appointments. Meetings are at our private offices or through secure video calls. Where necessary, adjustments are made for age, neurodiversity, learning styles, and other individual needs.

At the end of the programme you receive a standard letter explaining your attendance and the content you have covered. You are also encouraged to keep a record of your learning.

Session 1:	Making sense of my early and formative experiences.
Session 2:	Understanding my adult life; my relationship and sexual history; life challenges and patterns of unhealthy behaviour.
Session 3:	Understanding and explaining my illegal behaviour.
Session 4:	Understanding sentencing, court reports and the justice system.
Session 5:	Relapse prevention and future safety planning, including signposting to further supports.

Post-programme Support We provide **free** ongoing ad hoc support and advice through messaging and email until the outcome of your investigations is known. Options for further relapse prevention work are available at additional cost.

Support for Family Members and Partners is offered at £70 per session.

Safer Lives Programme: £850 (£600 - £1200). Additional appointments: £120
Payment by instalments can be requested.

Call 0800 043 5987 - Text or WhatsApp 0747 668 2413 - info@saferlives.com