



# CHANGING BEHAVIOUR SERVICE

Harbour work with people identified as using violence and abuse in relationships.

This service is open to male, female or non binary service users

## WHAT WE OFFER

We work with people identified as using violence and/or abuse and who are wanting to address these behaviours.

We cover a range of topics which will be discussed with the service user during an initial assessment.

We will then agree the most suitable intervention for the person referred.

Some of the possible topics to be discussed and worked on could be jealousy, intimidation, understanding coercive control, respectful parenting, plus many more areas.

## HOW DO I REFER

If you have a service user that you feel would benefit from completing this work - please fill in a referral form and email this to [referrals@myharbour.org.uk](mailto:referrals@myharbour.org.uk)

If you would like to discuss whether someone would be suitable prior to a referral being submitted, please contact us on the details below for advice or support.

We offer a range of interventions and are able to attend team meetings to discuss further.

## USEFUL CONTACTS

Service Manager - Emma Goding  
[emmagoding@myharbour.org.uk](mailto:emmagoding@myharbour.org.uk)

Team Manager - Carl Loveys  
[carlloveys@myharbour.org.uk](mailto:carlloveys@myharbour.org.uk)

Tel - 03000 20 25 25







**COUNSELLING -**  
Counselling service available 6 days a week, including evenings and weekends.

Face to face or telephone options available.

**For more information on any of the services provided or to make a referral please contact us on the details below.**

**Tel** - North Tyneside  
0191 251 3305

**Email** referrals to  
[referrals@myharbour.org.uk](mailto:referrals@myharbour.org.uk)

## Contact Us

 03000 20 25 25  
24 hrs / 7 days

 [Info @myharbour.org.uk](mailto:Info@myharbour.org.uk)

 Live Chat available via  
[www.myharbour.org.uk](http://www.myharbour.org.uk)