

Services for young people aged 16 – 22.



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 we could help you address your behaviours.



The Safer Lives Transitions Programme. The programme has been developed to help young people to understand the context to behaviours choices, whilst offering further advice and support. It is facilitated over five hour-long meetings, or six to eight shorter ones which are by video call or in-person at our Leeds or West Midlands office. Where necessary, adjustments are made for age, neurodiversity, learning styles, and other individual needs.

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

Session 1:	Thinking about my childhood experiences.
Session 2:	Understanding my transition to adult life; relationships, the online world, sex and sexual identity, life anxieties, unhealthy behaviours.
Session 3:	Understanding and explaining my unhealthy behaviours.
Session 4:	Understanding how court and the justice system might impact me.
Session 5:	Building a good and safer life.

Post-programme Support We provide free ongoing ad hoc support and advice through messaging and email until the outcome of your investigation 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