

# Building Resilience and Valuing Emotions after Domestic Abuse

## What is BRAVE?

BRAVE is a specialist psychological service for the emotional impact of domestic abuse across Berkshire. We work alongside clients to normalise emotions, recognise strengths, and build resilience. Clients must be over 18, have primary care level of needs, and live safely away from the alleged perpetrator.



## Interventions offered

- 12-week single-sex group programme that covers topics such as the function of emotions, low mood, anxiety, distress tolerance, building resilience, healthy relationships, and values. The **BRAVE group** is for women, while **BRAVE Too** is for men.
- Graduates are invited to join **BRAVE EMBRACE**, a co-produced peer group where members can consolidate their skills and continue to receive support for a further two years.
- People who complete BRAVE EMBRACE can become **BRAVE Ambassadors**, trained volunteers who help promote the service and welcome new members.

## Referral criteria

- Adults who have been in abusive relationships and experienced psychological and/or emotional difficulties (e.g. low mood, anxiety).
- Living in Berkshire and **safely away from the alleged perpetrator**.
- Willing to learn new skills to manage emotions to avoid longer term difficulties.
- Be open to a small group intervention.
- Not currently engaging in other forms of therapy or with enduring mental health problems which are best served by other services.
- No substance misuse issues that may be the primary problem or may interfere with ability to make use of treatment.
- Complete a referral form at [www.braveberkshire.org](http://www.braveberkshire.org) and send to [BRAVE@berkshire.nhs.uk](mailto:BRAVE@berkshire.nhs.uk)

