

BRAVE Too

What is BRAVE Too?

BRAVE Too is a specialist psychological service for men around the emotional impact of domestic abuse across Berkshire.

BRAVE Too is about Building Resilience and Valuing Emotions. We work alongside men 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.

26% of all domestic abuse related crimes occur against men,

however almost half of male victims (49%) do not tell anyone they are experiencing domestic abuse*. Accordingly we believe there is a significant need for this service and for raising awareness of the cause.

From the response when we launched this service, it was clear how needed and welcomed a course for men is. We used this name for the men's service to signify that men are brave, too.

Interventions offered

- 12-week male group programme that covers topics such as low mood, anxiety, distress tolerance, building resilience, healthy relationships, cultural expectations of men and values. **BRAVE Too** is for men, while the **BRAVE group** is for women. Please note that the facilitator might include a woman.
- We offer our graduates, a monthly BRAVE Too Reunion as an opportunity to regroup and consolidate the skills covered in the course.

Referral criteria

- Adult men who have been in abusive relationships and experienced psychological/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 and send to BRAVEToo@berkshire.nhs.uk

