

ADAPT Mentors

"I now understand the effects violence has on your partner. I feel confident I won't be violent again"

"I've learnt new techniques to manage my behaviour"

"I was upset and shocked when it was suggested I attend ADAPT, but it was a good experience and changed my life for the better"

"I wasn't judged"

"I now accept responsibility for my actions and believe I have the tools to combat negative situations in relationships appropriately"

"I respect my wife now and my son feels safer"

The ADAPT Mentoring service is organised and run by men who have completed ADAPT.

Their aim is to offer information and support for men thinking about ADAPT, those on ADAPT or those who have completed ADAPT. Because they have done the programme, they understand the challenges and concerns men may experience, and are therefore in a unique position to provide support.

The mentors are friendly and approachable and would welcome your call

Please call: 07902 208042

(Leave a voice mail or send a text and a mentor will call you back within 48 hours)

Useful Contacts



See numbers below where you can find advice, help or someone to talk to.

In an emergency - 999

Non emergency - 101

National Domestic Violence Helpline - 0808 2000 247

Hampton Trist - 02381 157065

The Samaritans - 0845 790 9090

Respect - 0808 802 4040

italk - 02380 383920