

# Helping you recover from abusive relationships



## BETTER WELLBEING

IMPROVED UNDERSTANDING OF ABUSE  
REDUCED GUILT, SHAME, FEAR,  
IMPROVED SELF WORTH  
REDUCED RISK OF FUTURE ABUSIVE  
RELATIONSHIPS

## BETTER PERFORMANCE

BETTER ABLE TO ENGAGE WITH YOUR  
STUDIES  
IMPROVED CONCENTRATION/ LESS  
DISTRACTED  
MORE ABLE TO FULFILL YOUR  
POTENTIAL



## BETTER MENTAL HEALTH

BETTER ABLE TO COPE &  
MANAGE YOUR EMOTIONS  
REDUCED RISK OF DEPRESSION  
REDUCED RISK OF ANXIETY



## ENHANCED FUTURES

A BETTER UNI OUTCOME FOR YOU  
UNDERSTAND AND ENJOY  
HEALTHY RELATIONSHIPS -  
PERSONAL & PROFESSIONAL

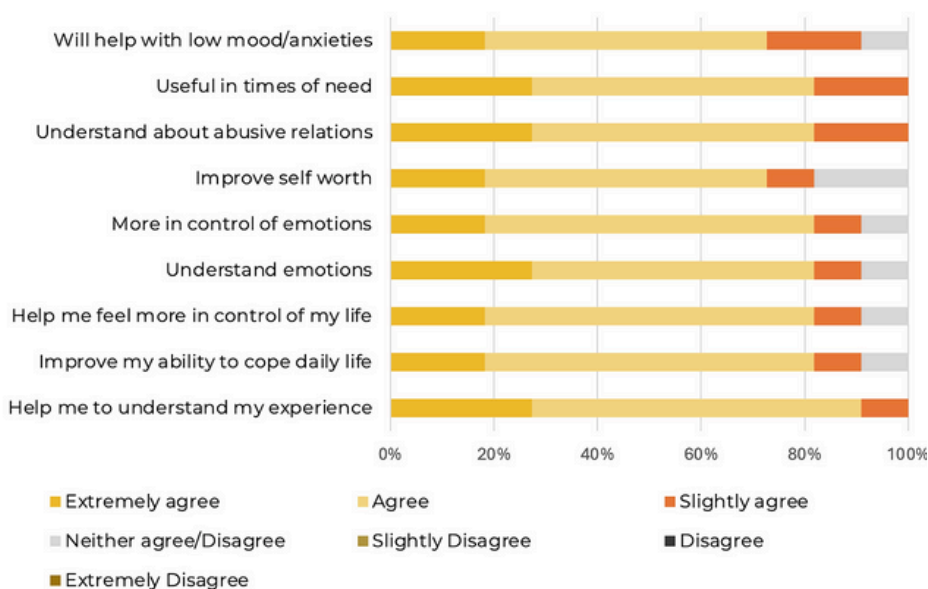


# A digital programme for you

## BENEFITS

- Private & confidential - No need to disclose
- Immediate access - just sign up, no waiting list
- Flexible- 24/7 access, self paced
- Long term support- 12 months access
- Empowering - you take control of your own recovery

## IMPROVED WELLBEING



*I felt a huge sense of relief at finding a programme which grasps my experience and what I need to recover.*

GOGL user

**“Lifechanging!”**

**96%**

Of users rated  
4 stars or above



## SPECIAL OFFER FOR YOU

Go to [www.getoutgetlove.com](http://www.getoutgetlove.com) or scan the QR code overleaf

Use the code

**uni15**

at the checkout for 15% off RRP\*  
\*single payment bundle option only

**15% OFF**



Redefining recovery after abusive relationships

[www.getoutgetlove.com](http://www.getoutgetlove.com)