



Helping you recover from an abusive relationship



BETTER WELLBEING

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

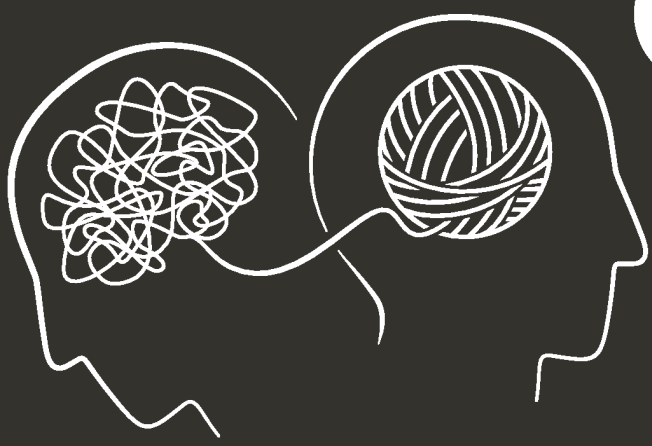
BETTER WORK

FEEL MORE ENGAGED AT WORK
IMPROVED CONCENTRATION/
LESS DISTRACTED
MORE ABLE TO FULFILL YOUR
POTENTIAL



BETTER MENTAL HEALTH

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



BETTER FUTURE

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

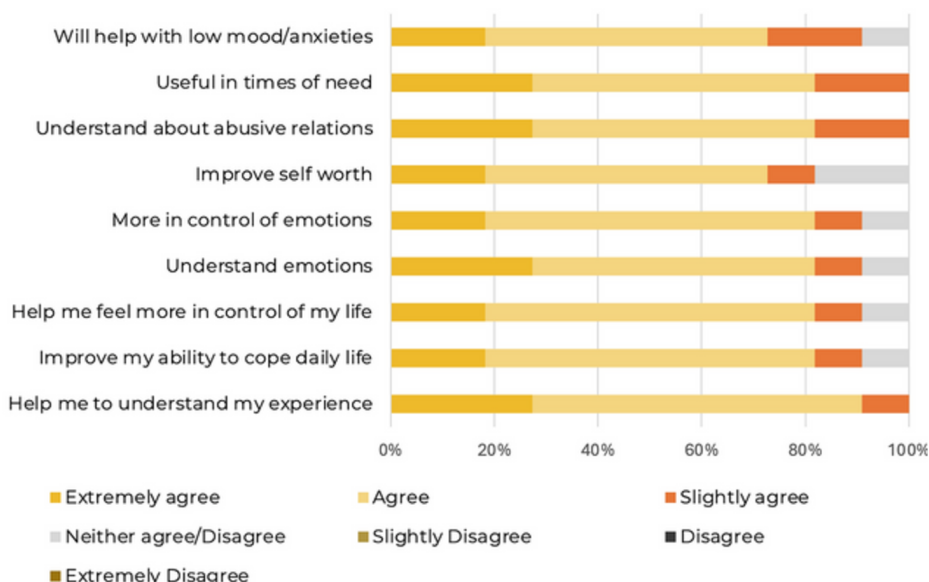


A digital programme for you

BENEFITS

- Private & confidential - No need to disclose to your manager, colleagues or boss
- 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 learn.getoutgetlove.com or scan the QR code overleaf
Use the code

workwell

at the checkout for 10% off RRP*
*single payment bundle option only

10%
OFF

