



## **Prevention and Recovery Service (PARS)**

**Emotional support  
for people whose lives have been affected by  
Domestic Violence and Abuse**

**Telephone: 0113 222 4562**

**Office Hours**

**Monday-Thursday 9-4pm  
Friday 9-3pm**



**@BCDLEEDS**



**Behind Closed Doors**

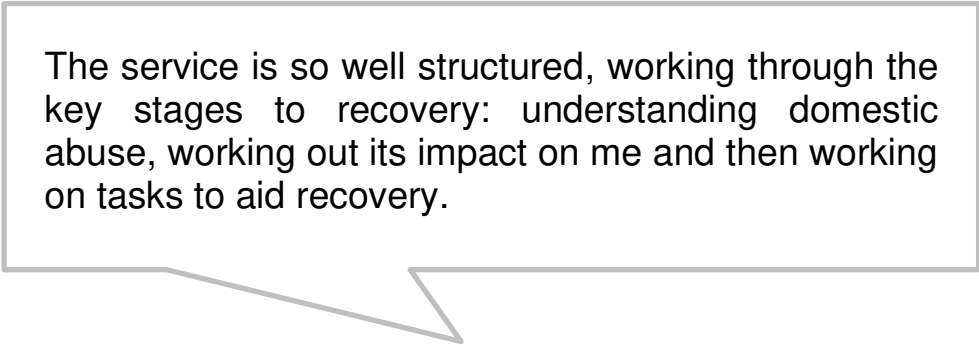
**About Us**

Behind Closed Doors (BCD) supports people whose lives are, or have been, affected by domestic violence and abuse in all communities and areas of Leeds.

We are here to support people of all genders, races and ethnic groups, ages, sexualities, religious beliefs and disabilities.

We aim to provide support services which best suit each person's own needs and circumstances.

Our services are delivered by a fully trained and highly experienced team of workers and volunteers who are able to help people to cope with, recover and move on from their domestic violence and abuse experiences.



The service is so well structured, working through the key stages to recovery: understanding domestic abuse, working out its impact on me and then working on tasks to aid recovery.

## How we help

The Prevention & Recovery Service (PARS) offers a non-crisis-response programme of emotional support to those affected by domestic violence and abuse, who are at low risk of Domestic Violence and Abuse. The programme of support is one to one support and also the opportunity to attend small group workshops. The workshops are only attended by people that have accessed our one to one sessions.

We will support you with what you need to recover and move on from your experiences.

We can start support from the first time you make contact with us. This support is provided over the phone at first, until a worker or volunteer is allocated to you. Support sessions can take place face-to-face\*, in your own home, or in another safe location in the community, or by telephone or video call. We will discuss with you how you prefer to be supported.

\*Due to Covid-19, sessions are currently offered remotely.

The work we do will help you:

- understand your experiences, giving you time to explore your abusive relationship and the impact it's had on you
- rebuild self-confidence and self-esteem
- plan for the future by exploring healthy relationships and how to keep yourself safe

We will treat you with respect and empathy and not judge you or your experiences. All of your information is stored securely in accordance with our Data Protection Policy and Privacy Statement.



## Get Support

To find out more or to access support please contact us on

0113 222 4562

**Monday: 13:00 – 16:00**  
**Tuesday: 09:00 – 13:00**  
**Wednesday: 13:00 – 16:00**  
**Thursday: 10:00 – 14:00**  
**Friday: 09:00 – 13:00**

Visit our website

[www.behind-closed-doors.org.uk](http://www.behind-closed-doors.org.uk)