



**Interventions  
Alliance**

Part of the Seetec Group



# Personal wellbeing support

Supporting you to feel good and  
motivated to make changes in your life.

In partnership with:

**forward**

**Pact**

Prisoners · Families · Communities  
A Fresh Start Together

# How we can help you

## We will help you:

- ▶ Feel good about yourself;
- ▶ Be motivated to make positive changes in your life;
- ▶ Get support from people who are supportive of the changes you are making;
- ▶ Rebuild relationships with people important to you; and
- ▶ Access services in the community that can help you achieve your goals.

One of our personal wellbeing coaches will meet with you to discuss what you would like to achieve. Together, you will agree your plan of action.

**Need further information?**  
Please speak to your probation officer who can help.

## What do sessions involve

Our sessions might include:

- ▶ Looking at your attitudes and beliefs;
- ▶ Supporting you to stay on track with your goals and directing you to who or what can help you;
- ▶ Building on your skills to improve your relationships and/or parenting skills;
- ▶ Supporting you to manage stress and worry; and
- ▶ Helping you to become more assertive and better able to cope with change.

We may deliver our sessions one-to-one or in groups.

A peer mentor may also support you during some of our sessions. A peer mentor is someone who has already been on probation or in prison, so they understand the journey you are on.

## About your sessions

Your probation officer will share with you where and when we hold our sessions. We will explain how many sessions you need to attend during our initial appointment with you.

## About us

Interventions Alliance is working with the Probation Service to support people on probation to build a better future and improve their wellbeing.

We are committed to helping people break down the barriers they may face.

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



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