



**Interventions
Alliance**
Part of the Seetec Group



Personal wellbeing support

Empowering you to make more informed choices in your life through support that is designed to offer ways to achieve a more positive outlook about the future.

We will help you:

- ▶ Make the first step towards boosting your confidence and self-esteem;
- ▶ 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.



For more information, visit our website page by accessing this QR code through the camera app on your smart phone.

In partnership with:

forward

Pact
Prisoners · Families · Communities
A Fresh Start Together

Want to speak to someone who knows more about this type of support?
Please speak to your Probation Practitioner who can help.

About us

Interventions Alliance is working with justice partners to deploy interventions that work towards building a better future and improve the wellbeing of participants. We are committed to helping people break down the barriers they may face by providing support that is delivered through an evidence-led approach.

www.interventionsalliance.com