

If you would like to change how you treat your partner, speak to us.

Your Chance to Change Team:

Mon - Thurs, 9am-5pm Fri, 9am-3.30pm

Email: Justice@midlothian.gov.uk

Call: 07880 275668

“I don't want to be seen as an angry person.”

“Talking things over really helped.”

“I deal with stuff differently now.”

Are you worried about your behaviour?

We can help.



Your Chance to Change

We support men who abuse their partners and want to change.

It can be hard to admit your behaviour is abusive but if you do any of these to your partner you need to change:

- You physically hurt her - e.g. slap, kick, punch, shove or pull her hair.
- You get jealous if she talks to other men
- You control parts of her life - e.g. her money, who she sees, where she goes or check her phone or social media
- You get angry if she doesn't want to have sex
- You don't like her talking to friends, family or professionals like the GP
- You scare her when you shout at her

You are in control of your behaviour and you can choose to change it.

This is your chance.



Call us to speak to one of our team of social workers. We will listen to you without judgement and offer advice and support.

What you tell us will be confidential unless someone is at risk of harm.



Together we will work out if our service is right for you - to support you to change your behaviour.

If you work with us, this might also involve support for your partner/family.

We will fit around your work or other commitments.



We will support you to make changes to your behaviour.

We will help you understand your behaviour and learn how to change it.