

# RESTART

**Restart is a project that works with people who are experiencing difficulties in their relationships and want to get support to change.**

## How will Restart Support Me?

Restart will adapt to what works best for you and your family:

- Your partner will have one on one meetings over at least four weeks with a trained professional called a case manager.
- You will be supported by a separate trained professional called a partner support worker.
- The partner support worker is trained to understand difficulties in your relationship, keep you updated about your partners progress and signpost you to other services that may be helpful.
- The case manager and partner support worker will work with children's services to make sure your whole family is supported.
- At the end of the project, the team of professionals who have been working with your family will work together and discuss how to move forward with you and your partner and support you take the next steps.

## Consent & Information Sharing

We will use information you give us to help keep you, others, and any children safe. Generally, the information that you share with us about yourself, your family and others and your situation will be treated as confidential by your partner support worker unless they have a serious safety concern. This means that only authorised people at Restart will have access to this information unless you say otherwise.

## What Happens Next?

A partner support worker or your family social care worker will contact you to arrange a first meeting to talk about the service and answer any questions you have.