

# IS THERE CONFLICT IN YOUR RELATIONSHIP?

Turning the  
Spotlight

because relationships matter

Are arguments escalating  
resulting in negative  
behaviours such as anger  
and aggression?

Do you struggle to  
communicate your  
feelings?

Do you want a healthier/  
happier relationship with  
your family?

Are your thoughts  
overriding  
your behaviour?



We offer extensive support to families and individuals who  
need help and new ways to manage their behaviour



“The course has helped me become more aware  
of warning signs and not to just react straight  
away. To learn to stop and think and get all the  
information first.” (anonymous participant)

Please get in touch for a confidential, respectful conversation  
on how we might be able to help

Contact us by telephone on: 0300 30 30 157

Contact us by email:

[turningthespotlight@victimsupport.org.uk](mailto:turningthespotlight@victimsupport.org.uk)

Call Supportline outside of 9am-5pm:

08 08 16 89 111

Use Next Generation Text (add 18001 before any of our phone numbers)

Online: [victimsupport.org.uk/cumbria/](http://victimsupport.org.uk/cumbria/)



Respect  
Accredited

