

# paIse

creating space  
for change



Pause offers support to women who no longer have their children in their care. Pause support is something that you can choose whether you feel is suitable for you at this time.

We want to give you the opportunity to *take a 'Pause' from pregnancy* and further court proceedings, allowing *you to focus on yourself*, working out a way to manage your loss and to make positive choices & changes in your life.

An important part of the Pause programme requires you to use the most reliable and effective contraception. We will support you to discuss these options with sexual health services and identify the most appropriate contraception for you. This will enable you to take that pause for yourself.



## Every Woman is Different

We understand that every woman is different, therefore we ensure our intensive programme is tailored so that it is unique to you.

### What does Pause support look like?



Our work with you can be carried out where you feel most comfortable, virtually, on the phone and in the community.



Our hope is that all sessions with you are enjoyable and positive. We genuinely want you to feel able to discuss your thoughts and feelings with us honestly. However, in any relationship we may not always agree and that is okay, and this will give us both the opportunity to talk it through and move forward.



As we work together, we will encourage you to take the lead in achieving your goals. This may mean seeing you less and doing things virtually with you as times moves on. Of course, we will always be on hand to guide and cheer you on!



There will be opportunities to meet other women who have had similar experiences and have fun together. It may be possible that you might know other women from the past and these relationships may have been difficult, however we ask that you are respectful to others and mindful of making judgements and keeping confidentiality. Everyone will have the chance to add to a group agreement to ensure nobody is discriminated against for any reason and a group activity is a safe space.



Pause, are not a 'tick box' service and so we need to ensure when we talk together this is the right time and the right support to meet your needs.



## What will the support look like?



Pause is an intensive support programme of up to 18 months. We aim to meet with you at least once per week to begin with, but this may be more frequently.

Meetings and discussions with your Practitioner will centre around your goals. We will ask you to focus on the three which you feel are most important to you. We recognise that this can change, and so we will regularly review these goals together.

We will work with you to access other services and can physically support you to attend appointments.

We will ask you to sign some agreement forms when we first meet. This is to ensure yourself and Pause are clear on what support will look like, who you want us to talk or not talk to. Our service is always confidential unless we are concerned about your safety, or another person is at risk of harm.

**We like to make a visual record of your journey for you to keep, so we will ask if you agree for us to take pictures of the things, we do together**

When we first meet you might say:

- I have rent arrears
- My benefits are messed up
- I am experiencing anxiety or depression
- You may have been diagnosed with a mental health condition that you want to understand what that means for you
- You may be using substances to cope with your experiences
- You may feel worried or confused about proceedings
- You may be struggling with indirect or direct contact of your children
- You may have very little structure in your life





Pause will work with you to identify the key areas that are causing you the most worry. We will work with you to access other services and strengthen your own support network. We will help you to have your voice heard calmly, in what can, sometimes, be overwhelming situations. We will empower you to make helpful, positive and safe decisions for yourself. We will ask you to sign some agreements and data sharing forms when we first meet.



During the programme Pause aims to support you to:

Focusing on all areas of  
your life and the people  
in it

Communicate  
effectively to  
get more  
positive

Help you have a better  
understanding of how past  
experiences may be  
affecting your life now

Have a safe  
space for you  
to be listened  
to and  
understood

Finding ways  
to manage  
your anxieties  
and emotional  
wellbeing and  
learn your  
triggers

Achieve  
your  
goals for  
the  
future

Explore ways  
to manage  
difficult  
situations,  
like meetings  
with other  
professionals

Feel in  
control and  
manage your  
money

Feel more  
stable where  
your living




## What Pause can do.....

Pause gives you time to focus on you:

- Pause can help you to take control of your future
- Pause will be there to listen without judgement
- Pause can support you to reflect on the past and understand trauma so you can move forward with your life
- Pause can help build your resilience, wellbeing, confidence, and self-esteem
- Pause can support you to take up opportunities to improve education or work prospects if that is what you would like for yourself
- Pause can help you to navigate challenging systems and situations
- Pause can support you to improve relationships between you and your children where possible
- Pause can help you address issues, like drug use and domestic violence if this is what you want
- Pause can support you in accessing services such as housing, mental health, substance misuse and domestic abuse
- Pause will not dictate to you or tell you what to do

## What Pause cannot do.....

 Pause cannot help with returning your children back to your care, however we are able to provide emotional support through proceedings, contact arrangements, meeting adopters (where possible) and goodbye's



Pause do not rescue, but we will be by your side to help you manage those difficult times



Pause will not **always** be able to say yes



## Who will be working with me?

You will probably meet two of the team when we first meet, and you will get to know the whole team, but you will have your own practitioner for the time we work with you.



Are you ready to take a 'pause' from pregnancy?

Make a note of 3 things you would like to do differently in your life for a more positive future:

1.

2.

3.





## What happens if we are unable to contact you?

We understand that you can have good days and bad days and may sometimes need to cancel meetings with us if you are not feeling up to it.

We will keep trying to contact you, what we will NOT do is close you to Pause support, unless this is what you want

## How do you contact us?

Tel: 03302222862 (if nobody answers we are with someone, leave message and someone will get back you as soon as possible)

Email: [pause@westsussex.gov.uk](mailto:pause@westsussex.gov.uk)

Pause West Sussex  
3<sup>rd</sup> Floor, Durrington  
Bridge House,  
Barrington Road,  
Worthing, BN12 4XL

## How will we contact you?

We know sometimes you may not have access to a phone, data or credit, we would not want this to be a difficulty to us working with each other. The things that we have done to ensure we can communicate with women in the past have been:

- We **will** work with you to find other ways we can overcome these problems and find a solution with you
- Organise regular meets-ups with you advance
- We may contact you via Pause West Sussex closed Facebook Group Messenger confidentially

What we will NOT do is close you to Pause support - unless this is what you want



## Other helpful numbers and mobile apps

Partner/Family Member or someone I'm in a close relationship is hurting me (Emotionally/Physically):

- *If your life is in immediate danger call 999*
- Worth Services 0300 2228181 - Monday-Friday, 9am-5pm
- 24hr Domestic Abuse Helpline – 0808 2000247 – 24hrs
- My Sister's House – [www.mysistershouse.info](http://www.mysistershouse.info)

### Keeping safe - Free Apps to download for your personal safety



Hollie Guard - In danger? With a simple shake or tap it activates Hollie Guard, immediately notifying your chosen contacts, pinpointing your location amongst other safety tips.



Bright Sky provides free support and information for anyone who may be in an abusive relationship or those concerned about someone they know



## Other helpful numbers and mobile apps

Feeling Low/Suicidal/overwhelmed – no one to talk to:

- *If your life is in immediate danger call 999*
- Samaritans – Listening service 116 123 or email [jo@samaritans.org](mailto:jo@samaritans.org) - 24hrs a day, 7 days a week
- Sussex Mental Health Line - 0300 5000 101 - 24hrs a day, 7 days a week
- HopelineUK - Call: 0800 068 41 41 - 9am-5pm & 7pm-10pm (Mon-Fri) / 2pm-5pm (Sat/Sun)

### Shout text line

Shout provides support via text for people experiencing personal crisis such as suicidal thoughts, abuse or assault, self-harm, bullying and relationship challenges. The service is free, available 24/7 and does not show up on phone bills. To access, women can simply text Shout to 85258. The service is not a replacement for calling 999 in an emergency.



### Keeping safe - Free Apps to download when your mental health may be in crisis



This app is packed full of useful information and tools to help you stay safe in crisis. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide. It includes a safety plan, reasons for living, and a LifeBox where you can store photos that are important to you.

You can also read the tips on how to stay grounded (in the moment) when you're feeling overwhelmed. Try the guided-breathing exercises and support your own wellness by creating your own interactive Wellness Plan.



