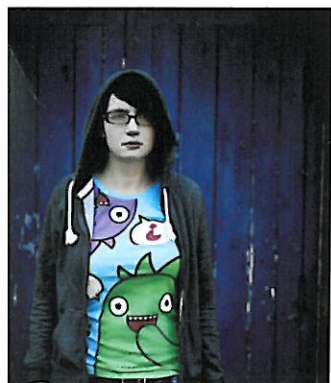




Supporting children and young people



74% of young people said they felt stressed sometimes, often or all of the time.

32% of counsellors said "being criticised by parents" is what makes children and young people feel worthless. Followed by "not having anyone to talk to" and being bullied.

We're sure you share our belief that all children and young people should have the chance to be happy and fulfil their potential. Unfortunately, there are many issues young people face that could stand in their way. That's why we want to help support them.

Relate has over 20 years experience in providing counselling and support services for children and young people.

Nationally we provide services to more than 600 schools and help over 15,000 children and young people a year.

We regard child protection and the safeguarding of children as the highest priority. We have worked closely with the NSPCC to ensure that our policy and procedures are robust and relevant to our work.

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How can we help

One-to-one counselling

At the heart of our youth service is one-to-one support for children and young people affected by issues such as family breakdown, bullying and peer relationships, bereavement, the formation of new families or the absence of a family member in their life.

Family counselling

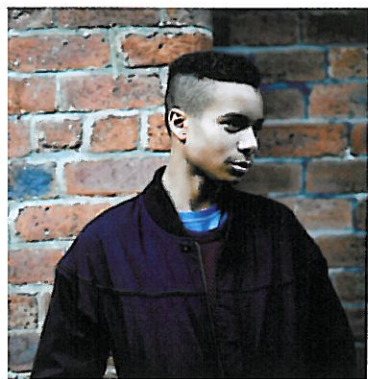
The work that we do with young people on their own can be very effective, but if the whole family can be seen together, this work can produce even more profound and long lasting effects.

Relationship counselling for parents

Very often the issues we see in children and young people stems from problems at home. If this is the case, parents can come for counselling - whether they have separated or not.

Training

Relate North East has a wide range of training courses for young people and parents. To find out what courses are available call 01325 461500 or email counselling@relatenortheast.org.uk



Most young people are optimistic about the future, with 57% saying "as long as I have good relationships with friends and family I'll be ok"

Relate North East

01325 461500

www.relatenortheast.org.uk

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