

Busting some of the myths about Relate

Relate North East covers the area from Sunderland to Scarborough and we provide Relationship Counselling, Family Counselling, Children and Young People's Counselling and Sex Therapy. We are the leading provider of Relationship Counselling in England. We want to help people to have healthy relationships.

Large numbers of people know about Relate – they know the name and a bit about what we do, but there are a lot of myths about the work that we do. This leaflet will address those myths and help you understand how Relate can help you.

Relate are only there for relationships in crisis

A lot of couples come to Relate when their relationship has reached crisis point and feel they have nowhere left to turn but we often get better outcomes if couples come to us when the problems start to happen. We can then look at what is causing the problems and help you find ways to overcome them. Even if things are going well now, we can help you to identify when you might have problems and help you to talk about them before they happen.

Relate are only for married couples

We offer Relationship Counselling which is for couples (married or not) or individuals who are experiencing problems with their relationship. We can also work with the whole family if you are having family problems, whether you are living together or not. We can also work with couples who have separated, who want to get on after separation for the sake of their children.

Relate are there to keep couples together

Our counsellors will help you decide as a couple what is best for you both – we will help you separate if that is what is best, and we will help you with the emotions that come with separation. If you want to stay together we will work to help you do it in a way that gives you a solid base for moving forward.

The Relate Counsellor will tell us what to do

Relate Counsellors are skilled in helping you understand what has caused the problems bringing you to us and help you find a way forward – they will not tell you what to do, but help you explore the options you have and encourage you to make the best decision for you



If I call Relate, I will have to wait a long time for an appointment and it's only daytime

Relate North East can normally offer your first appointment within a week. We have appointments available in the evening and weekends at a number of our centres and will work hard to find an appointment that suits you

I have to come for my appointments at the same time every week

Our appointments are flexible and if coming in at the same time every week is difficult you will have the opportunity to tell us that so you can have your appointment with our most flexible counsellors. We can now deliver Relationship Counselling by telephone or Skype so you can continue your counselling wherever you are in the world!

I am in a same sex relationship – I can't come to Relate

Relate have helped lots of lesbian, gay, bi and trans couples and individuals in building stronger relationships. We can help with the issues that affect the LGBT communities, from the big problems that might threaten your relationship and have a big effect on you and your family to smaller issues that just make things a little less than perfect. Even if things are going brilliantly for you, we can help keep it that way.

It costs too much to have counselling at Relate

Unfortunately due to lack of funding at the moment, Relate North East do have to make a charge for the services we deliver. We receive no funding from any local authorities or health services but we do have some pots of funding which can help people and we do work with other charities to help people in certain situations. Please speak to our staff and ask about the cost of the service and they will explain the options available to you.

Your first appointment will be a consultation where you will explain to the counsellor what brings you to Relate. They will help you decide if you want to go forward with on-going counselling. It's easy to make an appointment - simply call us on **01325 461500** and you will reach our staff who can register you on our system and make an appointment for any of our centres. They will also be able to answer any questions you might have. Relate Counselling is delivered in a number of centres across the area from Sunderland to Scarborough.

Relate North East is a registered charity number 1080334. Our head office is at West Lodge, West Crescent, Darlington, DL3 7PS.