



Counselling, support and information for all relationships



Face-to-face relationship counselling across Cumbria.

If you are having relationship problems, whatever the cause or the issue, support is available from Relate.

Our counselling is delivered by highly qualified counsellors who can work with both individuals or couples. You can contact a counsellor as follows:

Whitehaven: Jan/Judy on 01946 693 035
Penrith: Carey on 01768 892 402
Cockermouth: Richard on 07543 642 379
Kendal: Richard on 01254 609 014

Your area not covered? Turn over for details of our exciting telephone counselling pilot!

We also provide sex therapy in Cumbria give Richard a call on 01254 609 014.

relate
the relationship people



New! Relationship counselling over the telephone available across Cumbria

Do you want relationship support but can't get to a counsellor to have face-to-face counselling?

Would you like to speak to a counsellor but not face-to-face?

Relate can offer you telephone counselling for all of your relationship issues. Telephone counselling is provided by a highly trained counsellor in the same way as face-to-face counselling and we can work with couples or individuals. Times are flexible to fit around when you are available and all you need is a private room with a landline telephone so we can call you at the agreed time.

If you want to access telephone counselling please give us a call on 01325 461 500.

Telephone counselling in Cumbria

01325 461 500

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