

## We've all been there.

When you need to talk, but could do with help breaking the ice. Maybe you're starting a new chapter, but you can't turn the page. Perhaps you don't see eye to eye. Or your love life needs mouth to mouth. Maybe things are... good, but you want them to be the best.



Making the decision to seek support for your relationships and wellbeing can feel like a big step but it's also a really positive one.

So, whenever you're ready, we can Relate.

## Common questions

### Who is Relate NI for?

We're here for everyone and offer relationship support services for individuals, couples, families, children and young people.

We're an inclusive organisation and actively welcome people of all ages, backgrounds, relationship styles, faiths, religions, sexual orientations and genders, including anyone with health conditions or impairments.



### What does it cost?

Our Counselling Services cost £55 per 50 minute session and can take place in person at sites across NI or remotely via telephone or webcam.

You may also be eligible for one of our funded options. Visit our website or give us a call to explore these further.

We also have a range of expert self-help support resources available for free at [relateni.org](http://relateni.org)

### Is it confidential?

We take confidentiality seriously. We'll never give your name or any information about you to anyone outside of the organisation, unless we believe someone is at serious risk of harm.

## Contact us

To find out more and get started, visit [relateni.org](http://relateni.org) or call 02890 323454



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# Thinking about relationship support?

## we can Relate



**Relateni.org**



## We offer a range of services

From romance to roommates, from colleagues to co-parents – we can give you the support you need.

### Relationship Counselling for Individuals or Couples

Support for any relationship difficulties you may be facing. Our relationship counsellors can help you gain new skills, knowledge and understanding. This service is available to anyone aged 18 or over. You can attend with partners, friends, colleagues or on your own.

### Family Counselling

Perhaps your family is facing a big change or you think you could relate to each other better. Our family counsellors bring together parents and children, siblings and extended family members, including those from different generations and blended families. We'll get you really talking and listening to each other so you can find a new way forward.



### Sex Therapy

Our Sex Therapists help you understand and address physical and psychological issues that are affecting your sex life. Differing sex drives, erection problems and recovering from illness are just some of the reasons people ask for our help. The service is available to anyone aged 18 or over and you can attend on your own or with partner(s).

## We'll work around you

Whether you thrive in person, or feel safer talking from home – we can give support in an environment that works for you, including:

- Face-to-face
- Over the phone
- Via video
- Through web resources

Our website also has guides, videos, activities and other self-help tools you can access in your own time.

Check it out at [relateni.org](http://relateni.org)



### Golden Threads

Relationships are the Golden Threads to our Health & Wellbeing.

We provide fully funded relationship education workshops in community settings across the Armagh, Banbridge & Craigavon Council Area.

We also have a range of online tools to help support relationships & mental wellbeing.

### Sustaining Healthy Relationships

We understand there is still a stigma in talking about relationships and that some people believe 'what goes on behind closed doors should remain so.'

We believe it is time for a cultural change in NI and we intend to be at the heart of that change. Our Sustaining Healthy Relationships Project Offers free relationship education taster sessions for Community Groups across NI.

### Children and Young People's Counselling

A safe space for children and young people aged 4-18 to talk about and better cope with the challenges they're facing.

This can include anything from body image and bullying to issues at home such as divorce and separation. Our children and young people's counsellors also provide services in schools.

### Relationships & Sexuality Education (RSE)

Age-appropriate relationships education can help young people navigate healthy relationships & unhealthy behaviours. We are working with Nexus and The Rainbow Project to provide fully funded RSE workshops to 15-16 year olds in community settings. Topics include Staying Safe Online, Understanding Gender, Skills for Health & Wellbeing, Sexual Health & Development.

### Relationship MOT

Healthy relationships require regular maintenance. This service allows couples to check in with each other under the guidance of a counsellor who will help them explore where their relationship is working well and where there is room for improvement. Every year you take your car for an MOT, so why not take your relationship

