

## WELCOME TO RELATE

We are an NHS accredited provider of counselling and CBT.

Any person registered with a GP in East Riding is entitled to free counselling

To access this service please ring  
East Riding Emotional Wellbeing Service  
01482 301701

All sorts of people use Relate's wide range of services to understand what's going on in their lives, and change things for the better.

Our service provides interventions for:

- Anxiety, such as Post Traumatic, Panic Attacks, OCD and Low Self Esteem
- Depression, such as Loss, Low Mood and Low Self Esteem
- Sexual Abuse
- Gender Identity
- Trauma focused work such as EMDR
- Behavioural Couples Therapy for Depression

All our counsellors and Therapists are trained and experienced, and have regular clinical supervision.

## WHAT IS THERAPY?

Talking to someone who is a skilled listener can help you to overcome emotional difficulties and free you from self – destructive ways of feeling, thinking and behaving. It works by providing an opportunity for you to talk in a way that enables you to understand yourself better. Having gained this understanding, you can work towards living your life in a more positive way.

Cognitive Behaviour Therapy (CBT) can help you look at:

- How you think about yourself, the world and other people.
- How your actions affect your feelings and thoughts.

## HOW OFTEN ARE SESSIONS HELD?

Sessions are arranged to meet your needs. This is usually every week in the first instance and may change throughout the course of your therapy. Each session will be for up to one hour.

## CONFIDENTIALITY & REGONISED STANDARDS

Counselling is a private and confidential form of help.

We work to the code of conduct, ethical principles and guidelines of the BACP (British Association for Counselling & Psychotherapists)

Our whole service is accredited by BACP, which includes the privacy of our counselling rooms and our administrative team.

Relate, Hull & East Yorkshire have achieved the eQuality charter-mark Level One for Improving services for, lesbian, gay, bisexual and transgender people.

## DOES THERAPY WORK?

Our service is continually evaluated and the majority of clients find it to be a very positive experience. The following comments are examples of feedback from clients:

*"I was sceptical at the start, but determined to do something to change how I was feeling. I found it greatly beneficial."*

*"The sessions were very constructive, enabling me to direct a more positive approach to the future and increasing my confidence and self-worth."*

*"All sessions proved very helpful. They enabled me to reflect on various periods of my life and gave me better understanding of my feelings."*

**VENUES AND COUNSELLING TIMES**  
**COUNSELLING VENUES**

Hessle Grange Medical Practice:  
11 Hull Road  
Monday 9.30 am – 11.30 am  
Tuesday 9.50 am – 1.50 pm  
Wednesday 9.30 am – 12.30 pm

The Chestnuts Surgery  
Tuesday 9.30 am – 12.30 pm  
Wednesday 9.00 am – 12.00 noon

Beverley & Molescroft Surgery  
30 Lockwood Road  
Monday 8.50 am – 11.50 am  
Tuesday/Wednesday 8.30 am – 11.30 am  
Friday 9.00 am – 12.00 noon

Goole  
The Courtyard  
Monday 12.30 pm – 4.30 pm  
Tuesday 10.00 am – 2.45 pm  
Wednesday 12.30 pm – 6.00 pm  
Thursday 1.00 pm – 7.00 pm

CBT  
Withernsea  
Withernsea Hospital  
Wednesday 9.30 am – 5.00 pm

Keyingham  
Chapel Lane  
Tuesday 9.00 am – 2.00 pm

**ACCESSING OUR SERVICES**

Once we receive your referral, you will be contacted by our dedicated department, Either by telephone or letter, to arrange a face to face appointment.

Should you wish to contact us with any questions regarding our services, please contact us on:

01482 329621 extension 601

Email: [relate@relate.karoo.co.uk](mailto:relate@relate.karoo.co.uk)

Web: [www.relatehull.org.uk](http://www.relatehull.org.uk)

Relate, Hull & East Yorkshire  
1 Charlotte Street Mews  
Hull  
HU1 3BP

Telephone 01482 329621

Monday, Wednesday, Thursday and  
Friday 9.30 am – 9.00 pm  
Tuesday 9.30 am – 8.00 pm  
Saturday 9.30 am – 1.00 pm

**Primary Care  
Counselling**

**And**

**Cognitive  
Behavioural  
Therapy  
(CBT)**

**Provided by**

**relate**