

# Primary Care Counselling

## WELCOME TO RELATE

All sorts of people use Relates 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 Low Mood, Loss and Low Self Esteem
- Sexual Abuse
- Gender Identity
- Behavioural Couples Therapy for Depression

All our Counsellors and Therapists are trained and experienced, with 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.

## WHERE ARE APPOINTMENTS HELD?

Counselling can be accessed in the following areas:

|             |            |
|-------------|------------|
| Bridlington | Beverley   |
| Hull        | Cottingham |
| Goole       | Hessle     |

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

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## 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 up to one hour long.

## CONFIDENTIALITY

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 room and our whole administrative team.

## ACCESSING OUR SERVICES

Assessments can be arranged by either contacting us direct (please note you must be registered with an East Riding GP to do this) or by contacting the Emotional Wellbeing Service on 01482 301701.

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

Tel: 01482 329621 ext: 601/603

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

Kingston upon Hull

HU1 3BP

Monday, Wednesday, Thursday and Friday 9.30 am – 9.00pm

Tuesday 9.30 am – 8.00pm

Saturday 9.30 am – 1.00pm

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

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