

# 98%

**of clients said that they would recommend Relate services to friends or family**

relate  
the relationship people

## How to reach relate we're closer than you think...

Relate Hull & East Yorkshire  
1 Charlotte Street Mews Hull  
Hull  
HU1 3BP  
Tel: 01482 329621  
Email: [relate@relate.karoo.co.uk](mailto:relate@relate.karoo.co.uk)



## If face to face counselling doesn't suit you...

### Email a counsellor

Get advice from a Relate counsellor online and receive a personal response within a maximum of 4 working days. Visit [www.relate.org.uk](http://www.relate.org.uk) for details of how it works, how much it costs and how to get started.

### Telephone counselling

Talk to a Relate counsellor over the phone. Contact **0300 100 1234** to find out about costs, how it works and to make bookings.

### Relate for parents

Log on to [www.relateforparents.org.uk](http://www.relateforparents.org.uk) for advice and support for your family relationships.

**Are you pasting  
over the cracks  
in your family?  
Don't let it  
fall apart.  
Let's mend it.**



Relate charity number: 20734 Company number: 3942216 (Registered in England and Wales)

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**“I felt very positive. I really liked the counsellor and she just felt like she was very grounded, she knew what was going on and I didn’t think she’d be scary or off-putting for my daughter who was only 13 at the time”.**

**Susan** Relate client

**“Family counselling allowed everyone to be calm and it allowed everyone to say how they’re feeling, without getting into a big argument... I’m glad we went.”**

**Janelle** Relate client

**Families aren’t always perfect. Talk to Relate. We can help make things better.**

## **Family counselling?** **Tell me more...**

**Our clients tell us that they didn’t know about all the ways Relate could help them until they got in touch. If you think Relate can’t help you, think again, we are here for everyone.**

### **Family counselling**

Relate family counselling is for any family members who want to improve things at home. All families have arguments at some time, and big changes can affect parents, step-parents, grand-parents and of course children, in different ways. Relate family counselling provides a safe space for you to explore your differences, without it turning into an argument. Relate family counsellors don’t take sides or tell you what to do but they do really care about helping you to find a way forward, at your own pace.

### **Relationship counselling**

Relate knows the impact that relationship difficulties can have on the whole family. Our relationship counselling service is for everyone – you don’t have to be married or even living together to seek our help, and you can come by yourself. Relate can help you begin to fix any relationship problems you might be facing, no matter how big or small. We can also help you if you are separating or divorcing, whether you want to try to rebuild your relationship, or to part amicably. Relate counsellors don’t judge and do really care about helping you find a way forward, at your own pace.

### **Children & young people’s counselling**

Relate Children and Young People’s Counselling is for any young person who is having problems. Our counsellors get what’s going on in young people’s lives and can help you deal with the challenges of school life and growing up. We will listen to you and help you to understand your relationships better, whether they are with parents, peers or teachers.

### **How much does it cost?**

As it costs Relate Hull & East Yorkshire to provide Family Counselling, we would ask that you contribute what you can afford. Your financial situation should not be a barrier to accessing our service.

Please contact us on 01482 329621 with any questions you may have.

Relate is an LGBT friendly organisation and our counsellors are trained to be aware of the role of cultural background in relationships.