

In a feedback exercise...

97%
of couples
said that their
love life had
improved
as a result of
Relate sex therapy

relate
the relationship people

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

Relate Hull and East Yorkshire
1 Charlotte Street Mews
HULL
HU1 3BP
Tel: 01482 329621
Email: relate@relate.karoo.co.uk



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

Email a counsellor

Consult a Relate counsellor online and receive a personal response within a maximum of 4 working days. It costs just £28.50 to receive a personal reply. Visit www.relate.org.uk for more information.

Telephone counselling

Talk to a Relate counsellor over the phone. A full hour costs £45, half an hour costs £25 (calls to a landline) or £55 an hour and £30 for half an hour (calls to a mobile). Contact **0300 100 1234** for bookings and more information.

Relate for parents

Log on to www.relateforparents.org.uk to get instant advice on your family relationships, or text **60616**. A free service.

**Is your sex life
becoming a
problem? Don't
be embarrassed
about it.
Let's fix it.**



Relate charity number: 207314 Company number: 394221 (Registered in England and Wales)

relate
the relationship people

“...I would urge anyone to give themselves permission to have this invaluable experience - whatever state their relationship is in”

Mac Relate sex therapy client

“There’s nothing you can tell me that will shock me. Talking about embarrassing things to someone who won’t judge you can be really helpful.”

Annie Wimbush Relate Counsellor

Sex isn’t always perfect. Talk to Relate. We can help make things better.

Sex therapy? 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.

Sex therapy

Sex is an enjoyable and important element of any committed relationship. However, most people encounter sexual problems at some point in their lives. Relate sex therapists understand that you might feel embarrassed about talking about what isn’t working and will help you to talk openly about it. We can help you identify the cause of the issue and build a better and more satisfying sex life together. You’ll be given a programme of exercises to do at home which you talk over with your therapist, at your own pace.

Relationship counselling

Relationship counselling 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 and healthily. Relate counsellors don’t judge and do really care about helping you find a way forward, at your own pace.



How much does it cost?

GP referral

Your GP can refer you to this service at no cost to you. Please contact them to arrange a referral letter to be sent to us.

Relate self-referral

Please contact Relate at the telephone number overleaf to arrange for an information pack to be sent.

If you choose to self refer direct to Relate, we will ask for a donation towards this service.

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