

relate

Hull & East Yorkshire

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www.relatehull.org.uk



Our counsellors get what's going on in young people's lives and can help you deal with 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

1 Charlotte Street Mews, Hull. HU1 3BP
Registered Charity Number 1104045

We offer a safe place for young people age 11+ to talk about their thoughts and feelings in private.

We will see young people who want to talk about any issue that's bothering them. If we can't help, we will do our best to find another specialist service which can.

Some of the issues our clients bring include:

- Parents arguing
- Parents separating or divorcing
- Step-families
- Illness of a family member
- Health or money worries
- Bereavement (which could be recent of some time ago)
- Abuse and violence between family members

How can we help?

What can be really helpful at this time is someone to talk to, someone who will listen, someone who is there for you but is not involved in the way that friends or family are. You can talk in a safe place, away from the pressures at home or school.

Our counsellors are friendly, helpful, and experienced in a whole range of different situations people face with their personal and family relationships. We recognise you need support and will help you to:

- talk to someone in confidence
- feel heard
- express your feelings
- make sense of what is happening
- accept things may never be the same again