

Recommend Relate

Do you often find yourself needing to use counselling skills, or do you suspect your patient's problem may be down to relationship issues? Why not recommend Relate and let us help your patients?

relate
the relationship people

How can Relate help your patient?

We know that people come to you with problems that could actually be due to relationships and overcome by getting support from a qualified counsellor. Whatever the issue, no matter how big or small, Relate is always willing to talk to your patient in confidence about how we can help, potentially reducing the need for medication and the burden on the NHS.

By helping people to work through their issues, we can alleviate symptoms stemming from relationship difficulties, including:

- anxiety or stress
- depressive symptoms
- physical and psychosomatic illness symptoms where you suspect an underlying emotional cause.

Our counsellors can also offer emotional support for relationships or sex lives that might be affected by:

- long-term illness and/or disability
- pregnancy / childbirth / miscarriage / the birth of a disabled child / chronic fertility problems.
- bereavement and other significant loss (such as loss of health or redundancy)

Relate's Sex therapy service can assist with:

- erectile dysfunction
- pain during intercourse
- ejaculatory problems
- lack of orgasm
- loss of desire for sex.

Relate's core services



Relationship counselling



Sex therapy



Family counselling



Children and young people's counselling



Courses and workshops for couples, parents and individuals

How your patient can access Relate

Relate is an innovative organisation and provides a variety of ways that clients can access services quickly.

Your local Centre

You can find the nearest Relate Centre to your surgery at www.relate.org.uk or call **0300 100 1234** to be put straight through. The majority of our Centres are open in the evenings, and some at weekends to ensure we can see clients as soon as possible.

If you don't already have links with Relate, your local Centre will also be happy to talk to you about commissioning our services in order to tailor them to the needs of your patients and practice.

Instant help

If your patient requires help immediately, they may wish to arrange a telephone or email counselling appointment by calling **0300 100 1234**. Instant online support is also available at www.relate.org.uk via **LiveChat** - a messenger service where people can connect to a fully-trained Relate consultant in real time.

Is there a cost?

Relate is a charity that delivers quality-assured services in a clear ethical framework. While there is usually a cost to clients for adult services in cases where funding is not available, we always seek to provide access to all clients regardless of their ability to pay. LiveChat is a free service for everyone, and our Children & young people's counselling is free in most instances.

Please keep this information close at hand and help us to help your patients

0300 100 1234
www.relate.org.uk

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