The Best Medicine campaign

‘The Best Medicine’ is Relate’s campaign to show that relationships are critical to the nation’s health and wellbeing. Evidence shows that good quality relationships with partners, family and friends can prevent, delay or minimise the effects of physical and mental health conditions. They can improve wellbeing and potentially reduce pressure on the public purse.

Living with physical or mental health conditions can be a long road, and relationships are a really vital part of making the journey better. Yet when we need our relationships most, the effects of having a health condition can pile on the pressure.

Worryingly our relationships are often overlooked or ignored in the NHS. That needs to change. We’re calling on local and national government to put relationships at the heart of the NHS, making excellent relationship support more accessible at the point of diagnosis and beyond.

Relate can help. We provide impartial and non-judgmental information, support and counselling for all stages of your journey.

We work together with partner organisations to raise national awareness of relationship issues.

The Best Medicine campaign is backed by a number of health charities, including:

- Alzheimer’s Society
- Body & Soul
- Breast Cancer Care
- Carers UK
- Headway – the brain injury association
- Mental Health Foundation
- Mind
- MS Society
- NAT
- Prostate Cancer UK
- Stroke Association

Talk to someone

Face-to-face Counselling

Talk to someone face-to-face. Contact your local Relate Centre to arrange an appointment. You can find out where your nearest Centre is by visiting www.relate.org.uk/find-my-nearest-relate

Live Chat

You can talk to one of our counsellors live online. Live Chat lets you send messages in real time and is completely free.

Email Counselling

You can send an email with your problem to a counsellor and they’ll reply to you. It’s like face-to-face counselling, but you can access your email whenever you like. There is a charge for this service.

Telephone Counselling

Call our booking line and we’ll arrange an appointment for a counsellor to call you back. Telephone Counselling is like a face-to-face session at a time that’s convenient for you. There is a charge for this service.

To find out more about these services call: 0300 100 1234 or visit our website: www.relate.org.uk
Being diagnosed or living with a physical or mental health condition can be overwhelming for you and those close to you.

The strain on different relationships – like with your partner, family, friends or colleagues – can be huge, and it may take some time for everyone involved to adjust and understand everything that’s happening.

Relate’s counsellors can give you the time and space to explore your situation and help make sense of how things may change. We can help you to come to terms with what’s happening and establish what’s next for your future.

Counselling can help you through important stages such as:
- Finding out you have a health condition
- Telling those close to you about your diagnosis
- Coping with treatment
- The impact of your mental or physical condition on your relationships

How can counselling help me?

Counselling can help you understand the changes you’re dealing with. It can help you and those close to you to start coming to terms with the loss of, or deterioration in, your health.

Counselling can also help you explore the impact these changes can have on your relationships, helping you and those around you adjust to your changed situation. By exploring expectations, hopes and fears, you can understand the situation and try to reclaim control.

Do I attend counselling alone?

That depends entirely on your personal situation and preference. Our counsellors can help you individually or with those close to you – we offer face-to-face, online and telephone services for couples, families and children and young people.

Sometimes the person having the most difficulty may want to explore relationship support alone, as they may not feel their loved one is able to address what’s happening at the moment. That person could be you, your partner or other members of the family.

How many sessions will be needed?

Again, this really does depend on your circumstances. Everyone’s different. Our counsellors are experienced in dealing with the issues you’re facing, so they’ll be able to talk to you about your particular situation and needs.

Which health conditions does Relate have experience of?

We can help people with many different health conditions to develop and maintain strong relationships. Every condition is different and will affect people in different ways, physically, emotionally or sexually, but there are lots of feelings and reactions that are common.

Health conditions we can help with include coronary heart disease, cancer, stroke, multiple sclerosis, Parkinson’s, depression, HIV/AIDS and the effects of surgery, for example.