

97%

of clients said that they thought **Relate services** were value for money



relate
the relationship people

Contact us

Relate Derby and Southern Derbyshire

Derby Centre:

62 Friar Gate
Derby
Derbyshire DE1 1DJ
Phone: 01332 349177
Email: info@relatederby.org.uk

Burton Centre:

Voluntary Services Centre
Union Street
Burton upon Trent DE14 1AA
Phone: 01283 561697
Email: burton@relatederby.org.uk

Adult services are also available in Belper and Uttoxeter. We deliver Safe Speak counselling for children and young people at venues across the region.

Relate Derby Telephone helpline

0808 178 9363 (Calls free from a landline)

How much does it cost?

For our adult and family services we request an initial registration fee of £15. It then costs us £60 to provide you with a counselling session and every subsequent counselling session. We would value your honesty as you decide what you are able to pay. Your counsellor will offer you some suggestions on payment at your assessment appointment.

Many of our Safe Speak services are free for clients - please contact us for details.

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

You can also access support over the phone, by email, via WebCam or using our online LiveChat service which connects you directly to a Relate counsellor. Contact us for more information.

Are there cracks in your relationships? Don't patch them up. Let's fix them.



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www.relatederby.org.uk



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“My counsellor helped me to regain my self-confidence and to find out ‘who I was’ again. Step by step I climbed the mountain... Eventually when my counsellor asked me how I was, I could say ‘I’m okay’ and mean it.”

Fiona Relate client

“It was quite a relief to be able to say, well actually there’s all this stuff that I’ve been holding back over the years or not really dealing with... and it was really good to be able to think that finally I could maybe sort some of it out.”

Paul Relate client

Relationships aren’t always perfect. Talk to Relate - we can help.

Relate services 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.

Relationship counselling

Relate can help you work through any relationship problems you might be facing, no matter how big or small. We will listen and offer support in a non-judgmental and impartial way to help you move forwards at your own pace. 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. We can also help if you are separating, whether you want to try to rebuild your relationship, to part amicably or if you need support after a break up.

Sex therapy

Although sex should be an enjoyable part of life, we know that most people encounter sexual problems at some stage. These may include loss of desire, erectile dysfunction, pain, ejaculatory problems or lack of orgasm. Our trained sex therapists understand that you might feel embarrassed and will help you to talk openly. We will help you find the cause of the issue and will design a programme of exercises for you to do privately at home. Sex therapy is appropriate whether you’re in a relationship or single.

Safe Speak Counselling for children and young people

We know that growing up can be tough, and that lots of things at home or at school can make life more challenging. But whether it’s difficulties like feeling angry, arguing, school work, parents splitting up, bereavement or being bullied, Relate offers a safe place to talk. We’ll listen without judging and can provide the skills to cope with the pressures of life.

Family counselling

Family counselling provides a safe space for you to explore any difficulties with family members. You may be arguing, need support with change like separation / new step families, or perhaps you have lost touch with a family member and would like help to rebuild relationships or accept what has happened. Whatever it is, we can help you to come to terms with things and find a way forwards. We don’t take sides or tell you what to do, but we help you talk about things and make sure everyone has an equal say.

Workshops and courses

We can help you to develop important life skills, whether you want to improve your couple relationship, move on after a break up, be a better parent or develop your career. We also work in schools to teach vital relationship skills, and can offer bespoke training packages to workplaces.

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