

Relationship support for Gateshead parents and carers



Free, specialist support is available for Gateshead families from Relate therapists, including:

- **Couple and family counselling** – a safe, non-judgemental space to share your issues and get advice
- **One session therapy** – work through a specific issue quickly with a Relate counsellor
- **Psychosexual counselling** – for issues with your physical relationship



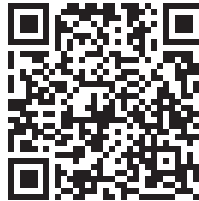
Relate are a trusted, national provider of relationship support.

Sessions can be delivered face-to-face, securely online or on the telephone (Mon-Sat) - including evening options.

Counselling can support families to improve communication and problem-solving skills, helping to develop healthy relationships and a more stable family life.

For more information and to check eligibility, please contact:

parenting@gateshead.gov.uk
0191 433 5129
0771 269 9753



To book direct with Relate,
please use the QR code here:

Your Eligibility

- At least one parent/carer must be a Gateshead resident
- Children must reside in Gateshead and be aged under 18 years or up to age 25 with additional needs
- There are no current domestic abuse issues or open family court proceedings
- Neither parent/carer is involved in ongoing criminal prosecutions or investigations