

## WHO WE ARE AND HOW WE CAN HELP

Relate are the relationship people, championing the importance of strong and healthy relationships as the basis of a thriving society.

Our counselling service, in **Crawley, Horsham, Chichester and East Grinstead**, supports couples, families, individuals, friends, and people of all ages, backgrounds and sexual orientations. Whether you've fallen out with a family member, are questioning your sexuality, or having relationship issues after becoming parents, Relate can help.

### Services we offer:-



**Relationship counselling** helps couples or individuals to make the most of their relationships, past, present or future. We are the first source of help when people face divorce or separation; affairs or major conflict. We are also here for those who have been together for many years, and are now dealing with the consequences of an 'empty nest' or long term health issues. If things are going well, we can help keep them that way.



**Sex therapy** can help when people are experiencing difficulties in their love life. Relate sex therapy can help couples and individuals overcome specific sexual problems. We offer an assessment and treatment programme which enables couples to address the physical, emotional and psychological issues associated with sex. As the only national provider of sex therapy, we also work with people who have problems with their sex lives due to poor health or disability.



area.

**Young people service helps** children aged 14+ explore and develop resilience to deal with issues such as family breakdown, bullying, peer relationships, bereavement, the formation of new families or the absence of a family member in their life. Relate is the largest UK provider of counselling support for children and young people, with over 20 years' experience in this



**Family Counselling** helps people understand and cope better with the stresses and strains of family life. Families can be a source of support, encouragement and love, but sometimes relationships, for whatever reasons, are put under strain. Family counselling can help when siblings aren't getting on, or when parents and children are going through a divorce or separation. Forming a new family is a challenge and it is at this point that many parents contact Relate for some support. We can help families at all stages and ages from the impact of a new baby on a couple, to inter-generational problems.

Counselling provides an opportunity for you to explore feelings, emotions and solutions to problems in a safe and confidential space. **We are currently offering telephone and Zoom counselling.**

We rely on payments from clients to keep our services open to everyone. Subsidies are available by application only. Please telephone or email us to find out about our charges.

Tel: 07423 147915

Email: [reception.crawley@relatesussex.org](mailto:reception.crawley@relatesussex.org) [www.relate.org.uk/sussex](http://www.relate.org.uk/sussex)