

# Relationship support in South Tees

Relate North East is part of a national charity with over 75 years of experience in helping people with their relationships.

We have funding to deliver subsidised relationship counselling to patients of surgeries in the South Tees Clinical commissioning group. You will be able to come and see a Relate counsellor and have counselling to help you to understand what is happening in your relationship and find a way forward.



## Relationships – why can they can be so complicated?

Relationships can be very complex and there are many factors that can affect the smooth running of a relationship, such as:

Financial problems	Having children	Not communicating
Different priorities	Family conflict	Couple fit
Depression	Bereavement/Loss	Everyday life

Of course the list could be endless.....

## How can you get help from Relate?

You don't have to be referred by your GP practice to benefit from help from Relate. If you are a patient at any of the practices listed overleaf then all you need to do is call us on 01325 461500 and register with us. We will then arrange an appointment for a consultation session where you would decide if you want to have further counselling with Relate and the most appropriate service. We offer face to face appointments at various times – including evenings and weekends, and can also deliver sessions by Skype or telephone if you find it difficult to come to us.



## Eligible surgeries

If you are a patient at any of the surgeries listed below you are eligible to receive counselling – give us a call on 01325 461500 and tell us which surgery you belong to. We will not report back to the surgery that you have contacted us, but we will need to collect anonymous information about the services.

If you are not sure if relationship counselling is right for you, you can talk to one of our appointments team who will tell you more about the service we offer. More information about what we do is on our web site – [www.relatenortheast.org.uk](http://www.relatenortheast.org.uk).

Albert House	Bentley Medical Practice	Borough Road and Nunthorpe Medical Group	Brotton Surgery
Cambridge Medical Group	Coatham Surgery	Coulby Medical Practice	Crossfell Health Centre
Discovery Practice	Erimus Practice	Eston Grange Health Centre	Eston Surgery
Fulcrum Medical Practice LLP	Garth Surgery	Haven Medical Centre	Hemlington Health Centre
Hillside Practice	Hirsel Medical Centre	Huntcliff Surgery	Kings Medical Centre
Lagan Surgery	Langbaugh Medical Centre	Linthorpe Surgery	Manor House Surgery
Marske Medical Centre	Martonside Surgery	Newland Medical Practice	Normanby Medical Centre
Oakfield Medical Practice	Park Avenue Surgery	Park End Clinic	Park Surgery
Parkway Medical Centre	Prospect Surgery	Rainbow Surgery	Ravenscar Surgery
Resolution Health Centre	Saltscar Surgery	Skelton Medical Centre	South Grange Medical Centre
Springwood Surgery	The Endeavour Practice	The Green House Surgery	The Village Medical Centre
Thorntree Surgery	Westbourne Medical Centre	Woodlands Road Surgery	Woodside Surgery
Zetland Medical Practice			

### Relationships aren't always perfect - Relate can help

Relate North East deliver face to face, telephone, email and Skype counselling.

Face to face counselling is available in Darlington, Durham, Hartlepool, Middlesbrough, Northallerton, Scarborough and Sunderland.

To make an appointment please call us on 01325 461500 or email [counselling@relatenortheast.org.uk](mailto:counselling@relatenortheast.org.uk). More details can be found at [www.relatenortheast.org.uk](http://www.relatenortheast.org.uk).

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