



To book your first appointment please contact us. A parent or carer can also contact on your behalf:

Phone: 0121 643 1638
Email: info@relatebirmingham.co.uk

- ✓ Low cost and affordable
- ✓ Short waiting times
- ✓ Daytime, evening and weekend availability
- ✓ Local charity supporting our community

For more information on our pricing, please contact our friendly team.



We're here to help build better relationships and improve wellbeing.



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Instagram

Time For You

Counselling Support for Children and Young People, aged 7 – 20.



Follow us on
Instagram

Whether you're struggling with anxiety, panic, low mood, anger or low self-esteem, our counselling and wellbeing services are here to support you.

“

Counselling has given me a way to talk about my thoughts and feelings. I feel like I can be myself and that's ok.

”

relatebirmingham.co.uk

Relate Birmingham, a company limited by guarantee (Company number 3174040) and a registered charity (Charity Number 1053946). The registered office is 111 Bishopsgate Street, Birmingham, B15 1ET.

relatebirmingham.co.uk



Counselling can help with challenges at home, relationship difficulties, loss of a loved one, parental separation, unexpected changes in life, experiencing bullying or conflicts with friends.

You, or someone who cares about you, might notice:

- Changes in your eating or sleeping habits
- You have pulled away from friends and family
- You have lost enjoyment in your hobbies
- You have lost motivation or are struggling to complete tasks

You might find yourself having negative thoughts and thinking about or wanting to hurt yourself.

How Can Time for You help?

- Understand and manage feelings of anxiety, worry, sadness and anger
- Talk about changes and challenges
- Find safe ways to express yourself
- Develop tools to support your wellbeing
- Build confidence and self-esteem

Time For You Counselling is a safe, non-judgemental space where you can be yourself.



How We Can Support You



Face to Face



On the phone



Online



Did you know we cover:

- Birmingham
- Solihull
- Sandwell
- Walsall
- Dudley
- Wolverhampton
- South Staffordshire
- Tamworth, Lichfield, Cannock

To find out more information call our friendly team on 0121 643 1638.