



**Our counsellors provide a caring, supportive and non-judgmental environment to help you find a way through any difficulties you may be facing in your relationship(s).**

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

## Our services

At Relate Birmingham & Black Country, we provide a range of counselling services to support individuals, couples, and families in building stronger, healthier relationships.

Our services include:

- Family Counselling
- Mediation
- Children's Counselling
- Young People's Counselling
- Sex Therapy

For those seeking a quicker solution, we also offer 30-minute chats with a counsellor via phone or web chat, as well as one-session therapy to address a specific issue and see results straight away.

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**Relate**  
Birmingham & Black Country

**To book an appointment or for more information:**

**Call: 0121 643 1638**  
(office hours are 9am to 4.30pm Monday to Friday)

**Email: [info@relatebirmingham.co.uk](mailto:info@relatebirmingham.co.uk)**

[relatebirmingham.co.uk](http://relatebirmingham.co.uk)

**Relate**  
Birmingham & Black Country

# Thinking about relationship support?



## We're here for you



[relatebirmingham.co.uk](http://relatebirmingham.co.uk)



## What to Expect:

Together we will first help you to identify and clarify the issues or problems you are facing in your relationship(s).

If relationship counselling is the best way forward, you will embark on a series of counselling sessions - anything between six and twelve sessions is usual, but it will depend on the issues that you want to address.

All partners don't always have the same goals at the start, but to ensure counselling is maximally helpful we'll work together to establish an agreed focus.

For some people, counselling is the start of a longer process of discovery while for others, a few sessions of counselling may be all they need to get through a rough patch. You will be able to discuss your expectations with your counsellor.



**“Counselling has helped improve communication, gain an increased understanding of each other and making positive changes.”**

-Service user

## Couples counselling may particularly help if:

- You have the same arguments again and again
- Somebody has cheated in the relationship
- You've lost trust or struggle to express your feelings to each other
- One or both of you is coping with the loss of a loved one
- You're going through changes together, like moving house, changing jobs or financial difficulties
- Your family dynamic is changing via pregnancy, miscarriage, IVF or adoption
- One or both of you have a chronic illness or other health problems
- You're experiencing issues with your sex life.

We also offer Sex Therapy to help support individuals or couples who want to improve physical intimacy.



## Why Relate?

Lots of people have an idea of what relationship counselling is and think that you only need counselling when things get really bad. But we're here whenever you need us, no matter what situation you face in your relationship. Even if your problems seem trivial, or even if you don't have problems at all, we're here to help.



## Who We Support

We believe everyone deserves access to relationship support. Our services are inclusive and open to individuals, couples, and families - regardless of your relationship status, sexual orientation, or background.

