

relate ni  
the relationship people

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Your partners for  
professional counselling



# Supporting your patients with professional counselling

Relate Northern Ireland is the leading relationship and family counselling support organisation within Northern Ireland. Established in 1948, we provide confidential relationship counselling support to individuals, couples, young people and families.

Relate NI's vision is 'To make expert information and support for healthy relationships available to everyone.'

If you have a patient presenting with the issues discussed in this booklet, please reference the back page for guidance on how to refer to Relate NI.





# Relationships Matter

Relate NI's specialism is working relationally with people. We understand the connected nature of people, and the impact of the relationships we have on our lives. We are passionate about enabling good quality relationships for our diverse society in Northern Ireland.

Through over 70 years' experience of working with people here, we've come to understand that relationships not only give our lives meaning, they are of vital importance to our well-being. In fact, good quality relationships are one of the most important assets we have as a society.

Relate NI recognises that good quality relationships are a foundation to our health and well-being. Evidence suggests that people who experience good relationships can enjoy a range of benefits including lower blood pressure, slowed rate of decline for dementia patients and a lower risk of suffering anxiety and depression.



# Why Relate NI?

## Our Expertise

In choosing Relate NI for your patients, you can be sure of a highly skilled and trained counsellor to attend to their needs. As a professional counselling organisation we work to the highest quality standards, adhering to best practice across both clinical and business operations.

Relationships are critical to our well-being, and the evidence has demonstrated that they impact on a whole range of outcomes relevant to public policy. Parenting; educational attainment; physical and mental health and well-being; domestic abuse and violence; and the prevention of offending behaviour are just some examples of issues in which relationships play a fundamental role.

## Our Services

If your patients are presenting with a range of issues stemming from poor relationships with family members, partners, parents or children, Relate NI is here to help.

Over the years we have built on our traditional area of expertise in relationship counselling, proactively developing our offering in line with changing societal need and complexity of demand.

Relate NI offers weekly appointments lasting 50 minutes in various venues across Northern Ireland. Telephone and web-based appointments are also available.

## Promoting Healthy Relationships



Relate NI has helped me move on, to understand myself and my situation more. My counsellor listened to me, facilitated me and was compassionate!

Amazing counsellor: patient, understanding with fresh perspective and thoughtfulness



**85%** of people said they wished they had attended Relate NI sooner



## Relationship Counselling

Relate NI acknowledges that relationships can be both rewarding and challenging. Many factors such as communication difficulties, affairs, sexual issues and the impact of addictions as well as finances, work and family issues can put pressure on relationships.

Fundamental to Relate NI's practice is an acknowledgement of the uniqueness of individual clients and their couple and family relationships. All relationships can experience conflicts and challenges, but it is how we manage these that will make a difference to how we move beyond them.

## Separation Counselling

Separation and divorce can be painful and difficult. Counselling is a focused opportunity to think about a person's individual situation. The aim of separation counselling is to help couples – whether together or in separate sessions – to reflect on the emotional issues which have underpinned their relationship breakdown, to come to terms with the reality of what has happened and to manage the impact of separation amicably.

The decision to separate is never straightforward and can bring with it a surge of emotions for both the instigator of the separation and the partner involved. Counselling provides assistance to people undergoing separation and/or divorce to deal with their emotions of anger and grief and enable them to move on with a new sense of purpose and optimism.

## Family Counselling

Family relationships can be the most enriching cornerstones of our lives, thus it is vital to intervene when these relationships become complicated and challenging. Family counselling is largely preventative work, dealing with life issues before they become serious problems requiring specialist interventions. Every family has arguments from time to time and usually these can be resolved easily. However sometimes problems can escalate and without intervention can be more difficult to resolve, creating unnecessary conflict, stress and tension in the home.

Relate NI Family Counselling is available for individuals, small groups or a whole family together. The advice and counselling provided is impartial, ensuring each family member has a voice and helping the family unit to resolve their differences together.

Flexibility of counselling is guaranteed, with the number of weekly appointments offered dependent on the complexity of issues presented and the availability of family members to attend.

## Individual Counselling

In some cases, although relationships are at the core of the issue with a patient, couples or group counselling will not be appropriate. Whether issues of domestic violence and abuse are present in a relationship, or difficulties during sexual intercourse are being experienced, our highly trained counsellors are on hand to assist.

The most important relationship any individual has is their relationship with themselves. Relate NI's highly trained counsellors will help individuals to address their concerns and ensure they can cope with whatever issues exist in their lives.



## Domestic Violence

Relate NI recognises that domestic violence occurs in relationships across all groups in society, regardless of age, gender, race, religion, sexuality and geography.

Experiencing domestic violence is detrimental to the physical and mental well-being of victims and children who witness it.

Relate NI offers a range of support services to adults, children and young people impacted by domestic violence. Services offered are dependent on robust initial and ongoing assessment and the safety of victims and their children is central to any decision making.

## Sex Therapy

Many individuals experience difficulties in sexual relationships. Even in the most loving relationships, problems can occur. Relate NI's sex therapy services are available to both individuals and to couples. Issues addressed by our specialist counselling team will include:

- Difficulties in having sexual intercourse.
- Pain during sexual intercourse.
- Premature ejaculation.
- Failure to achieve orgasm.
- Loss/lack of interest in sexual desire.
- Difficulties in achieving or maintaining an erection.

Therapists will address these issues during weekly one hour sessions, address problems and make recommendations, suggest tasks to be undertaken in the privacy of a client's home and help them achieve their goal of a more satisfying relationship.

## Children & Young People Counselling

With 27 years experience in this area, Relate NI provides specialist counselling services for children and young people from age 4. Our counselling team will listen to and understand the issues presented by these young people, many of whom will feel vulnerable and overwhelmed.

Children and young people can experience a number of issues with relationships including:

- Confusion, sadness, anger at changes in their lives.
- Parental relationship break-ups and the resulting emotions.
- Access issues to parents - not getting to see one or both parents regularly.
- Feeling of pressure at home or at school.
- Feelings of worry, anxiety, stress, depression, grief, heartbreak.
- Pressures, influence and presence of 24/7 social media.
- Peer relationship issues including bullying.
- Issues arising as a result of adoption or fostering.



## For GPs making a referral to Relate NI

There are 3 pathways into Relate NI:

- 1** Relate NI is the primary service delivery partner for the Health and Social Care Board to increase access for support and therapeutic services for parents/carers with children under 18 years of age. Under this contract we can support parents, families, individuals and children and young people **free of charge** to the patients. If your patient meets this criteria you can email **referrals@relateni.org** to request and complete a referral form or call **028 9032 3454** for more information.
- 2** You can refer through local Family Hubs requesting your referral is best directed to Relate NI. (In Belfast, GPs can also refer, free of charge, through the Belfast Emotional Health and Well-being Hub).
- 3** For patients not meeting the above criteria, they can contact Relate NI independently and request information in relation to making a 'self-referral'. Note there is a cost associated to the self-referral pathway and we would ask for your support in managing patients' expectations in relation to this.

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### Hours of Opening

Monday.....9am-9pm  
Tuesday.....9am-9pm  
Wednesday.....9am-9pm  
Thursday.....9am-9pm  
Friday .....9am-5pm  
Saturday.....9am-1pm (Belfast only)

### Address

3rd & 4th Floor  
3 Glengall Street  
Belfast  
BT12 5AB

### Contact

**T.** 028 9032 3454  
**F.** 028 9031 5298  
**E.** [office@relateni.org](mailto:office@relateni.org)