

Free Relate support in Derbyshire

Our free adult phone and LiveChat services for Derbyshire residents are staffed by experienced counsellors with training in areas such as Domestic Violence and mental health issues. Many are also family counsellors. Staff have additional training to support people with Asperger Syndrome wanting to explore issues around their own relationships and for people who have a family member with Autism (ASD).

Our free LiveChat service for over 11s offers a series of booked sessions with one of our specialist Safe Speak young people's counsellors. We also have free young people's and family counselling available in Erewash and other locations across Derbyshire and Derby City. **For details call Relate Safe Speak on 01332 349301 or our local Relate office on 01332 349177.**

Public

Telephone helpline

0808 178 9363

Tuesdays 10.30am – 4.30pm and

Thursdays 1.30pm – 4.30pm

Speak for free to an experienced relationship / ASD counsellor without having to make an appointment.

LiveChat Drop in

www.relatederby.org.uk/live_chat.html

Free LiveChat service for adults

Wednesdays 2 – 5pm

See our website for details

LiveChat is an online text-only conversation with a specially trained relationship / ASD counsellor.

Safe Speak Counselling

Free face to face and LiveChat appointments for young people in schools and other venues across Derbyshire.

Family Counselling

Free appointments for Erewash residents.

Relate Derby and Southern Derbyshire

We offer a wide range of services for individuals, couples, families, children and young people in Derbyshire and East Staffordshire.

Relationship counselling

For individuals and couples

Family counselling

For all family members

Sex therapy

Talk over problems in a safe and private environment

Safe Speak

Counselling service for 5 – 18 year olds

Relate Coaching

Coaching for work, life and relationships

Relate Training

Courses and workshops



@RelateDerby

Registered in England 4980776
Registered Charity 1110768

Public

relate
the relationship people



Contact our local Relate office for more details

Phone: 01332 349177

Email: info@relatederby.org.uk

Website: www.relatederby.org.uk

Relate Safe Speak Counselling

Phone: 01332 349301

Email: info@safespeak.org.uk

Website: www.safespeak.org.uk



Erewash Clinical Commissioning Group