

Relate Safe Speak

Individual counselling for children and young people

- ✓ Counselling for 5-18 year olds
- ✓ Day and evening appointments
- ✓ Specialist trained counsellors
- ✓ Family counselling option
- ✓ Confidential service

When children and young people are anxious, this can impact their school work, friendships and home life. Being able to talk to someone outside of their situation can help them to feel better and become more able to engage at home and in their time in school.

Counselling gives the child or young person the opportunity to talk one-to-one from their point of view about whatever is bothering them. Counsellors are trained to listen without judging and to help sort out troubling thoughts and feelings.



Relate Safe Speak Counselling

Safe Speak is Relate Derby's counselling service for children and young people. Since starting the service in 2002 we have counselled thousands of young people across Derbyshire and East Staffordshire aged 5-18 years old. The most common issues discussed are stress and anxiety, relationships at home, low mood and difficulties with friends.

Our expert team now offer a pay-for service from our Centre at Vernon Gate in Derby. Please contact us for details.

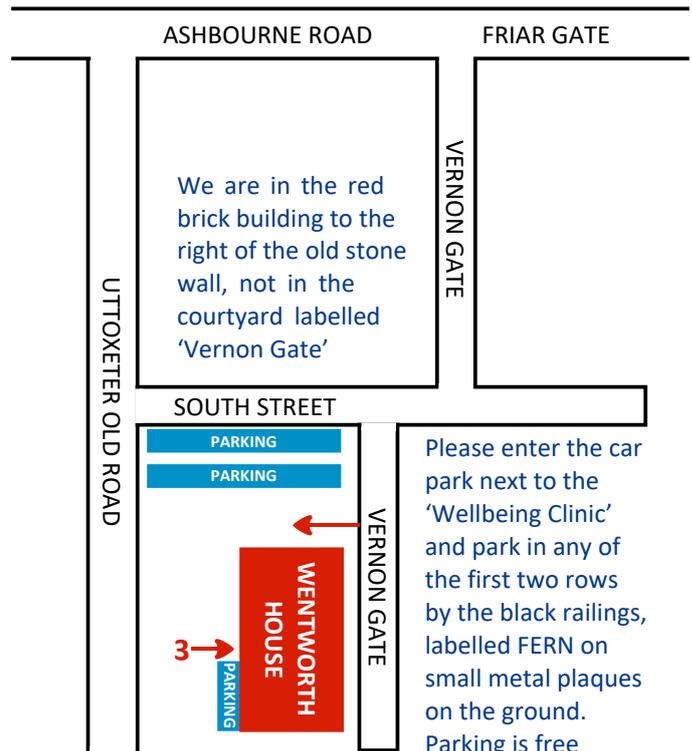
Relate Derby also offers a range of other specialist services including:

- Family counselling
- Counselling for adults - individuals and couples
- Sex therapy - individuals and couples
- Coaching
- Training courses

Please contact us for further information.

Directions to Relate Derby Centre

3 Wentworth House, Vernon Gate, Derby DE1 1UR



Relate's front door is on the side of the building just past the 'Unite' Office

Contact Relate Safe Speak to discuss how we can support your child

Phone: 01332 349301

Email: safespeak@relatederby.org.uk

Website: www.safespeak.org.uk



relate
the relationship people

