



**“Everything has changed, my family is different now and I feel all alone.”**

**“I don’t understand why Mum and Dad have separated, I was happy.”**

**“I miss my Dad.... I wish I could see him more often.”**

**“I wish things were like they were before. I hate all these arguments.”**

**“No one understands how I feel. No one is bothered about how I feel.”**

# relate 2U

## relate

Young People’s  
Counselling Service

Relate Leicestershire & Rutland  
83 Aylestone Rd  
Leicester  
LE2 7LL

Tel: 0116 222 0012  
E-mail: [info@relateleics.org](mailto:info@relateleics.org)  
Web: [www.relateleics.org](http://www.relateleics.org)

## What is Relate 2U?

Relate 2U is a counselling service for young people between 10 - 25 who feel caught in the middle of family breakdown or conflict.

When parents separate the whole family feels the emotional effects. It may be that your parents are arguing, step parents or adult carers are arguing and this is making you feel sad and confused.

Sometimes changes in the family can make you feel lonely and insecure. Relate 2U is the chance to talk to someone about how YOU feel; someone who will listen and not take sides.



## How will counselling help?

Talking to parents, friends or teachers can sometimes be hard. You can talk to a counsellor in a different way. A counsellor listens carefully and will not tell you what to do. A counsellor will not judge you. Counselling can help you make sense of your feelings.

A counsellor will not tell you what you should do, but will help you to work things out for yourself, making decisions and choices to help you look at things differently.

Counselling can help you feel more confident and the counsellor will support you in finding ways to cope.

Relate 2U counsellors are specially trained to work with young people.

# Confidentiality

Everything you say to your counsellor is confidential.

Counsellors will not tell anyone else, except maybe their counselling supervisor, what you have talked about. The only time we have to break this strict rule is when we think that someone's safety might be at risk.

# Do you have to pay for counselling?

Relate 2U is free.

However, we welcome donations from parents or carers where possible, to help keep the service running.

# How can I make an appointment?

Phone Relate 2U on 0116 222 0012. If you are calling from a mobile phone or pay phone tell us and we will ring you right back.

Or, you can email [info@relateleics.org](mailto:info@relateleics.org) and tell us how we can contact you safely.

Parents, Carers, Teachers and other professionals can refer young people to Relate 2U. However we would wait for consent by the young person before starting the counselling. Call us on 0116 222 0012 or email [info@relateleics.org](mailto:info@relateleics.org)

When you are given an appointment, that session of up to 1 hour will be available for you each week, for as long as you and the counsellor feel you need to come.

# 0116 222 0012

# [info@relateleics.org](mailto:info@relateleics.org)