

Common questions

How do I get started?

If you've decided that you'd like to explore how Relate could help, then the first thing you need to do is get in touch with us on **01302 380279**. Our trained staff will explain the booking process and how our service works. You'll be offered an initial consultation with a counsellor. After this we can decide together whether our services are right for you.

How many sessions will I need?

This will depend on the issues you're dealing with and how you'd like to proceed. You may benefit from one or two sessions or you might need a few more. The RNRMC will fund up to 7 sessions of counselling or 21 sessions of sex therapy.

Is it confidential?

We offer private and confidential help to all our clients. We will never give your name or any information from or about you to anyone outside the organisation, unless we have reason to believe that someone is at risk of serious harm – especially if it's a child. We provide anonymous statistical data to the RNRMC so that they can monitor the effectiveness of the service. No identifiable data is disclosed to them.



How can I get support?

Webcam

Webcam counselling involves talking to a trained counsellor online using a secure video link. There is no travel time needed and we can accommodate people joining from multiple locations; a great option for those who are deployed away from home.

Telephone

Telephone counselling is like webcam, but instead of seeing you in person, the counsellor calls you at a time that is convenient for you.

Face to Face

Face to face counselling is available in the room with the counsellor. Access to face to face counselling may be limited during the Covid 19 pandemic.

Online

In conjunction with the RNRMC, Relate have developed a bespoke online learning portal with short tutorials that you can work through at your own pace. To access, visit <https://www.rnrmc.org.uk/how-we-help/families-and-relationships> and click on the Building Stronger Families box.

Website

The [relate.org.uk](https://www.relate.org.uk) website contains information, advice and self-help tools which you can access in your own time and use to strengthen your relationship.

How to reach us

Phone us on **01302 380279**; our dedicated telephone number for Royal Navy, Royal Marines and Veterans seeking support



Free counselling & online support for Royal Navy, Royal Marines, Veterans & families



You're not alone

Life's full of twists and turns, and the unique pressures of military life can impact on relationships in many ways. Thanks to funding from the RNRMC, you can access free Relate counselling and/or online support to deal with challenging times. Military personnel and their families come to us for a variety of reasons including:

- Living apart from loved ones
- Starting and sustaining new relationships
- Stresses arising from operational deployment
- Difficulty communicating
- Work related pressures
- Coping with affairs
- Dealing with tension and arguments
- Divorce or separation
- Living as a step family
- Starting and family and challenges with parenting
- Transitioning into civilian life
- Support for children facing a range of challenges
- Sexuality
- Difficulties with intimacy

Whatever the issue we're here to help

Every relationship needs help now and then

As hard as we try, sometimes things can become too uncomfortable or painful to ignore. You don't need to be in crisis or even in a relationship to use our services. If it's important to you, then it's important to us. We promise to listen and offer support in a non-judgemental and impartial way.

What you'll get out of it

- Improved wellbeing and self-confidence
- A better understanding of yourself and your partner
- Better family relationships
- Reassurance that you're not alone
- Help with team work – particularly if you're getting used to parenthood
- Improved communication skills
- A more satisfying sex life

"We have been married for over 35 years, but it hasn't all been plain sailing. There have been rows and arguments and sometimes it's been tough; The demands of military life and the separation it involves does put pressure on relationships. Counselling with Relate, was very helpful. We are still together and slowly our relationship is getting better and better".
Anonymous

Relate's services

Relate's relationship support services are for everyone – whatever your age, background, gender or sexual orientation, we can help.

Relationship Counselling

Our counsellors provide a supportive environment to help you find a way through any relationship difficulties you might be facing. You might decide to come with your partner or on your own. You can also access the service if you are single.

Family Counselling

No family is perfect and lots of things can affect family life. Whether you're concerned about your children's behaviour, the impact of a divorce, or adjusting to life as a blended family, there are lots of ways we can help you.

Children and Young People's Counselling

Growing up can be tough especially in a military family. Issues at home or school can create extra pressure. We provide a safe space for children and young people to talk.

Individual Counselling

Perhaps you're feeling low, have lost somebody close to you or are stressed at work. Individual counselling offers a safe space to talk confidentially.

Sex Therapy

Our sex therapists can help you to tackle sexual problems, improve intimacy and enjoy a more fulfilling sex life. You can attend with or without your partner.



Who can access the Service?

The RNRMC fund Relate counselling services for anyone in the Royal Navy, Royal Marines, Veterans and Reservists. The service is also open to families of any of the above. The person serving or veteran does not have to be involved in the sessions but a valid service number must be provided when ringing to register for support. For more information see <https://www.rnrmc.org.uk/how-we-help/families-and-relationships>



FREE confidential relationship counselling for Royal Navy, Royal Marines and Veterans

Relationships can be hard at the best of times, but military life can add to the pressure putting relationships under strain.

Thanks to funding from the RNRMC, you can access the following specialist Relate services free of charge:

- Adult relationship counselling
- Family counselling
- Children and young persons counselling
- Sex therapy

You don't have to be in a relationship to access our services and all services are also available to your family.

Whatever your relationship issue Relate is here to help

Call our dedicated, confidential telephone number 01302 380279 to access



Relate is a Registered charity number 207314

relate
the relationship people



FREE confidential online relationship support for Royal Navy, Royal Marines and Veterans

Relationships can be hard at the best of times, but military life can add to the pressure putting relationships under strain.

In conjunction with the RNRMC, Relate has developed a bespoke online learning portal for Royal Navy and Royal Marine personnel, veterans and their families. The portal lets you work through a series of short tutorials to help address relationship challenges and content is tailored to naval life. You can access the portal anywhere, anytime as a stand alone service or a 'taster' before moving on to Relationship counselling.

Visit - <https://www.rnrmc.org.uk/how-we-help/families-and-relationships>