

Relate Portsmouth & District



Area covered: Havant Borough Council area

Relate Portsmouth and District is an independent charity and a member of the national Relate Federation, working to promote health, respect and justice in couple and family relationships to a future where healthy relationships form the heart of a thriving community. Our services include relationship counselling for individuals and couples; family counselling; counselling for children and young people; sex therapy and life skills training.

WHO ARE OUR SERVICES FOR

Relationship counselling and sex therapy services are open to everyone over the age of 16. In Family Counselling we work with part or the entire family.

EXCLUSIONS TO OUR SERVICE

Entry to the service is via an initial assessment. At the assessment session a counsellor will talk with clients for around 50 minutes. Some people find this session is all they need to clear their thinking and help them decide what to do and no further.

WHO CAN REFER TO OUR SERVICE

Self referral; GPs and Health Care Providers; Adult Services; Community Provider; Please note that charges for the service may apply.

WE ARE OPEN

Monday-Saturday. Our services in Portsmouth, Fareham and Gosport also run in the evenings Monday-Thursday	Portsmouth Centre Opening Hours
Monday-Tuesday	Monday
Wednesday	9.30-2.30pm & 4-9pm
Thursday	3.30-9.00pm
Friday	10.30-2.30pm & 3-9pm
Saturday	9.30-2.30pm
	9-1.30pm

	OUR CONTACT DETAILS:	THE BEST WAY TO CONTACT US IS BY:
Phone	023 92 827026	Phone
Email	relate@relateportsmouth.org.uk	Email
Website	www.relateportsmouth.org.uk	Website
Address	32 Chaucer House, Isambard Brunel Road, Portsmouth, PO1 2DR	

Relate Portsmouth & District (continued)

OTHER USEFUL INFORMATION

Common questions:

Do clients have to pay a fee for Relate services?

Clients will normally be expected to pay a fee. Relate Portsmouth & District is a charity and doesn't aim to make a profit from the services we provide; the fee is to cover the cost of the session. In some cases we may be able to offer subsidised counselling sessions, subject to eligibility. The maximum charge per session as of November 2014 is £55.

Family Counselling in Havant Borough. Relate has funding to offer FREE family counselling for primary school aged children and their families until July 15 who live in Havant Borough. Appointments are requested by referral and will take place at the child's school, community or care setting.

There is a professional agreement to be completed prior to making referrals to us, please contact us by email to find out more - relate@relateportsmouth.org.uk.