

Relate Derby ([www.relatederby.org.uk](http://www.relatederby.org.uk)) has been commissioned by NHS England to provide counselling services free to residents of Derby and Derbyshire and these can be accessed immediately. Due to the Covid-19 pandemic, we are delivering all our counselling services remotely via webcam and telephone. Please contact us on 01332 349177 or 07741193484 [info@relatederby.org.uk](mailto:info@relatederby.org.uk).

- ***IAPT (Improving Access to Psychological Therapies) counselling for couples and young people (16-18years).***

*People can access this free service if they are registered with a Derby or Derbyshire GP. Anyone who is experiencing anxiety, depression, low mood, relationship issues, loss, grief, trauma and other conditions, can contact their GP to get referred to Relate Derby or people can just contact us directly and we will advise them.*

- ***Support for children and young people's (age 5-18) emotional health and wellbeing.***

*If you know a child or young person who is experiencing depression, low mood, stress, panic or anxiety, or need wider emotional support due to the impact of the Covid -19 pandemic then please refer them to Relate Derby. Our specially qualified counsellors are ready to assist. This is a free service and we currently have no waiting list, so people can get access to a qualified counsellor straight away.*

- ***Counselling for people affected by Autism Spectrum Condition (ASC).***

*Relate Derby has a special project called 'Living Well with Autism' (LWA) which supports people with ASC who are wanting to explore their own relationships and people who have a family member with ASC. This service is free to people who are living in Derbyshire. For more information please visit our dedicated website <http://www.livingwellwithautism.org.uk/>*

- ***Our free Telephone Helpline (0808 178 9363)***

*This has been extended and is now running on Monday, Tuesdays and Thursdays 10am -1pm. Thanks to Foundation Derbyshire for their financial support.*

*Our helpline gives people the opportunity to speak directly to an experienced Relate trained counsellor without having to make an appointment.*

*Calls are free from landlines and most mobiles. If you are not sure whether or not you will be charged, please check with your mobile provider to confirm that 0808 calls are free before calling us.*

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## About Relate

The Relate Federation is the UK's largest provider of relationship support, and last year we helped over 2 million people of all ages, backgrounds, sexual orientations and gender identities strengthen their relationships of all kinds. Relate Derby and Southern Derbyshire has been working locally since 1960 and is a registered (1110768) and a company limited by guarantee (4980776), 3 Wentworth House, Vernongate, Derby DE1 1UR. [www.relatederby.org.uk](http://www.relatederby.org.uk)

We're here to support people to build and maintain strong healthy relationships and improve their emotional, mental and physical well-being. We do this by delivering a range of education and training courses and counselling services for couples, individuals, family, children & young people and people with Autism Spectrum Condition who perhaps experiencing anxiety, depression, low mood/self-esteem, bereavement, grief, marriage or relationship or sex issues.