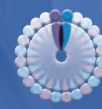


# Relationship Support for Social Care & NHS Staff in London



TAVISTOCK  
RELATIONSHIPS

Improving Lives for Generations



Counselling sessions via webcam or in person

*"Relationships are one of the most important aspects of our lives, yet we can often forget just how crucial our connections with other people are for our physical and mental health and wellbeing."*

**The Mental Health Foundation**

## FREE relationship therapy

Tavistock Relationships is offering free relationship therapy to social care and NHS staff in London, supported by NHS Shared Services London. Our expert, trained therapists can support you with therapy as an individual or as a couple.

Sessions are confidential and flexible, whether this is during the day, early mornings, evenings or weekends.

Please contact us on **020 7380 1975** for an informal conversation.

## Why seek relationship help?

If you are experiencing difficulties in your life, for any reason, working together with you and your partner to address these issues can help.

Seeking help is an important step towards improving things.

## Who is this offer open to?

Anyone working in the NHS or social care in London who is concerned about the impact of stress on their relationships and other anxieties such as health, money, loneliness, feeling low or being overwhelmed.

See a list of NHS Hubs with whom we are working on page 2.



## The offer

The service provides up to six FREE sessions with psychotherapists for couples and/or individuals to explore how the current situation is affecting them and their relationship.

All sessions are confidential and flexible. We offer early morning, daytime, evening or weekend sessions.

As part of the offer, you also get access to our relationship help app Between Us.

**Enquire via the weblink below, by email, or call us using the details below. If calling please ask for our 'NHS service'.**



 020 7380 1975

 [NHSreferrals@tavistockrelationships.org](mailto:NHSreferrals@tavistockrelationships.org)

 <https://tavistockrelationships.org/counselling-psychotherapy/couples-therapy/nhs-staff-counselling>



## NHS Hubs we are working with:

**North West London**  
keepingwellnwl.nhs.uk

**North Central London**  
keepingwellincl.nhs.uk

**North East London**  
keepingwellnel.nhs.uk

**South East London**  
Keepingwellnel.nhs.uk

**South West London**  
<https://www.swlondon.nhs.uk/support-for-staff/>

– A FREE relationship counselling service open to NHS staff and social care workers –

## What is your approach?

Our approach focusses on strengths in your relationships, which may be under duress at this time, helping couples to recover or hold onto their resilience during this period of change and uncertainty.

Our aims are to provide couples or individuals with the thinking space they need to face the challenges of working in demanding times, to understand the stresses they are experiencing and to mobilise their resources. Although the support involves just a few online meetings, the benefits may be long-term.

## What is involved?

Once an appointment has been made, the couple or individual will meet online with a therapist for an initial meeting lasting 50 minutes. If, by the end of the initial meeting, it is agreed that this approach would be helpful, up to five further meetings will be arranged.

## Here's what some of our clients say

*"I felt I was going around in circles with my partner and now I feel like we are moving forward. I feel acknowledged and heard due to having another person with us during challenging discussions."*


*"I would like to thank Tavistock Relationships for helping us during a challenging time in our lives. The quality therapy we have received from our counsellor has enabled us to grow and we have found the experience to be invaluable."*

## About Tavistock Relationships

Tavistock Relationships has an international reputation as a leading training and research centre in therapeutic and psycho-educational approaches to supporting couples.

- Founded in 1948, we are a non-profit organisation.
- We train the next generation of couple therapists, and provide clinical services to thousands of couples and parents.
- We provide a range of affordable services to help people with relationship difficulties, sexual problems and parenting challenges.



 020 7380 1975

 [NHSreferrals@tavistockrelationships.org](mailto:NHSreferrals@tavistockrelationships.org)

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