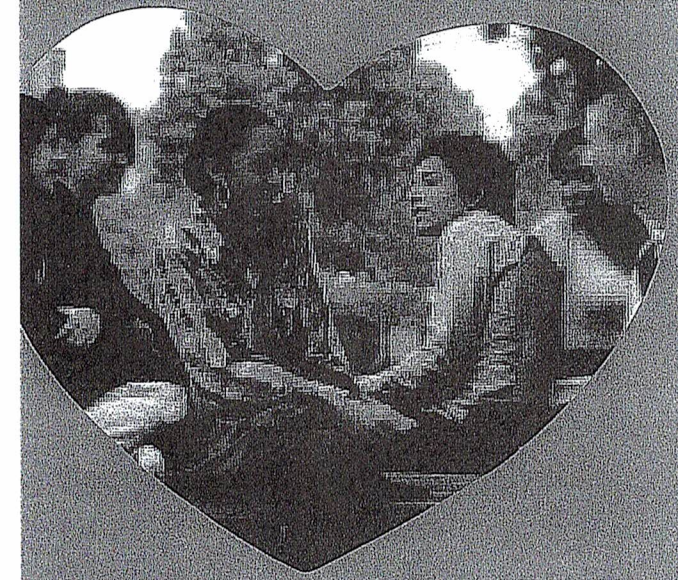


Safe Speak
has helped over

5,000
children
and young people
in Derbyshire
and East Staffordshire



relate
the relationship people

Contact us

Safe Speak @ Relate Derby and Southern Derbyshire
62 Friar Gate
Derby
Derbyshire DE1 1DJ
Phone: 01332 349301
Email: info@safespeak.org.uk
Website: www.safespeak.org.uk



Safe Speak's work in schools, colleges and Children's Centres

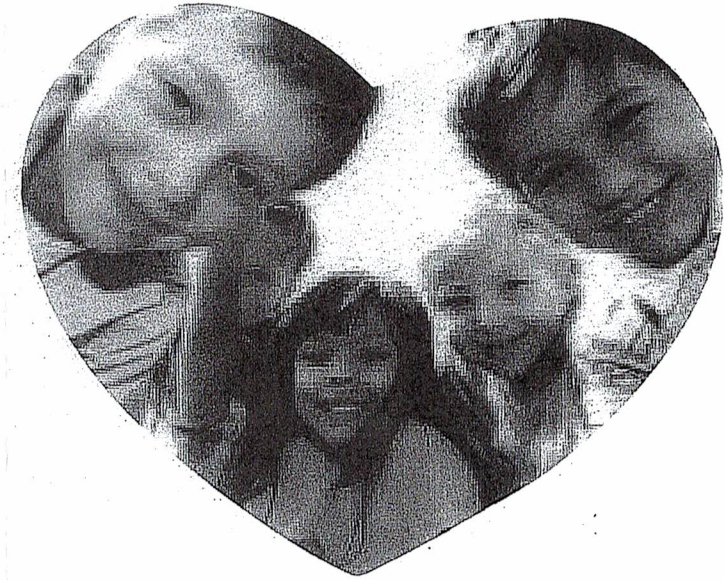
As well as seeing young people at our Centres, we also work with schools, colleges and Children's Centres to offer tailored, cost effective counselling packages for children, young people and their families.

We also deliver confidential online counselling for young people via LiveChat and WebCam.

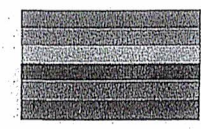
Please contact us for more information.

Life not so great? Let's sort it out.

Safe Speak Counselling for children and young people



Safe Speak @
Relate Derby & Southern Derbyshire
01332 349301
www.safespeak.org.uk



relate
the relationship people

Relate charity number: 110765 Company number: 498076 Registered in England and Wales

Safe Speak Children and young people's counselling Tell me more...

We know that growing up can be tough, and that lots of things at home or at school can make life more challenging. But whether it's difficulties like feeling angry, arguing, school work, parents splitting up, bereavement or being bullied, talking to one of our friendly counsellors can help make things better.

How can we help?

Safe Speak offers a safe place to talk confidentially to someone 'outside' the situation, who is neither a parent, teacher or friend. We'll listen in a non-judgmental way about any problems and provide the skills to cope with the pressures of life. Counselling can help increase self-esteem, confidence, and ability to focus on school work.

Is it confidential?

We won't tell anyone outside Relate about things said during counselling, unless there are exceptional circumstances, such as a risk to safety. More details will be given about this at the first session to make everything clear.

Relate is an LGBT friendly organisation. Our counsellors are also trained to be aware of the role of cultural background in relationships.

Family counselling

When dealing with issues at home, it's often beneficial if we can see the whole family together. All families have arguments at some time, and big changes can affect children, parents, step parents and grand-parents in different ways. Relate gives families the opportunity to explore any differences, without it turning into an argument. Family counsellors don't take sides or tell you what to do, but they do really care about helping you to find a way forward, at your own pace.

How much does it cost?

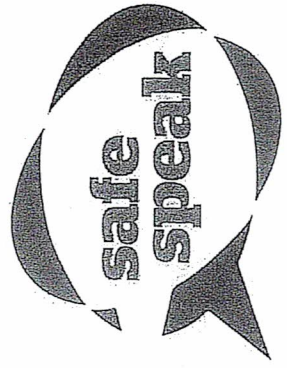
Safe Speak

Many of our Safe Speak services are free thanks to funding from schools and organisations like BBC Children in Need. Contact us to find out if there is a free service near you.

Family counselling

We request an initial registration fee of £15. It then costs us £50 to provide you with a counselling session and every subsequent counselling session. We would value your honesty as you decide what you are able to pay. Your counsellor will offer you some suggestions on payment at your assessment appointment.

For more information about our Family counselling service please call our Office on Derby (01332) 349177 or Burton (01283) 561697.



"It really pulled me up and I'm just so glad I didn't do the stuff I was heading towards. I would just say talk to someone, anyone, before you get somewhere like that."

Emily, 13 Relate client

"My schoolwork was being affected because I couldn't concentrate...but thanks to Relate counselling I've got through my GCSE's easy."

Wendy, 16 Relate client

It's not always perfect
Talk to Relate. We can help
with things odd.