



Relationship Counselling Service

All relationships can come under strain or feel at breaking point for many reasons at different times of our lives. Amian's counsellors are all trained relationship therapists and have many years experience. They help individuals and couples to explore difficulties in their relationships as well helping some couples who have made the decision to separate to do so with mediation support.

Our counsellors offer a supportive and caring environment, to help you as an individual or couple to identify and find a way through difficulties you may be experiencing. We are not here to judge or to take sides but to use our experience to help you to take control of the situation and move forward.

Relationship counselling can help you to make the most of your relationships and understand your own patterns and behaviours with your partner, family and other people.

Amian sees individuals, couples and families by face to face counselling, telephone counselling and we can offer e-mail support.

The list below is not exhaustive but just some of the types of difficulties we can help with:-

- My partner has had an affair, where does it leave our relationship?
- The children have left home; we have nothing to talk about.
- How do we parent disruptive teenagers its affecting our relationship?
- I find it hard to cope with my step children.
- We just seem to have drifted apart.
- The menopause is affecting our relationship.
- LGBT relationships.
- We are separating, how can we still be good parents?
- Divorce
- Sexual problems
- We have a new baby and it should be a positive time shouldn't it?
- I am not sure who I am anymore or if I still want to be in this relationship.
- Bereavement
- Family therapy / support /mediation
- My partner is always working; there is no time for me or our family.
- We just argue all of the time these days.
- I find myself going through their pockets and mobile phone messages...just to check.

It's hard picking up the phone to talk to a stranger about personal problems, but that's the hardest step. Please call one of our counsellors on our 24/7 helpline who will help you to find the best way forward for you.

Call 0845 603 5667 © Bolton Counselling