

The support we offer through our partnership with Relate

We work closely with Relate to offer you and your partner confidential, personalised relationship counselling.

The services we offer you

Through our partnership with Relate, we may be able to refer you to relationship support. We can help with a range of difficulties – whether that's long-standing issues, a recent change like separation or divorce, or simply things that are making you unhappy.

- Counselling for you, your partner, or both of you together
- Face-to-face, phone or video call sessions
- Support with a broad range of relationship issues, including intimacy and family dynamics
- A safe, confidential and non-judgemental space

Client feedback

“When a relationship goes wrong, you can't always see the wood for the trees. Relate gave me an outside perspective and time to address our problems before making rash decisions.”

How it works

If you're working, check whether your employee assistance programme (EAP) includes relationship counselling – your line manager or HR team should be able to help.

If you have private health insurance, it's worth reviewing your policy to see if it covers relationship support.

Once you've explored those options, call our Helpline to chat through your support needs.

If you're eligible, we'll refer you to Relate. They'll contact you to arrange a call to talk through a suitable service. You'll receive a series of sessions with trained, accredited therapists.

For more information

You can talk to a Client Adviser via our Live Chat or call our free and confidential Helpline on **0800 0234 834** - we're open Monday to Friday from 9.00am to 5.00pm (except bank holidays).

Confidentiality statement

Bank Workers Charity and Relate treat everything you share with us as confidential. We won't pass on your information to third parties without your permission, unless we're required to by law, or where there's a safeguarding concern involving a child or vulnerable adult.

We're independent of banks and our support is provided in confidence.

**Supporting the banking
community past and present**

In partnership with

Relate