

# WHERE CAN I GO FOR RELATIONSHIP SUPPORT IN HARTLEPOOL?



## RELATIONSHIP PROBLEMS ARE COMMON AND THERE IS HELP AVAILABLE TO HELP MAKE THINGS BETTER FOR YOU AND YOUR FAMILY

There are a number of services in Hartlepool that can help you if you're having difficulties in your relationship with your child's other parent.

- If you're struggling after separation or divorce you can call **Changing Futures North East**. They offer support to parents to help with a range of issues including communication and conflict to improve outcomes for them and their children. Call them on 01429 891444 to find out how they can support your family.
- If you're having issues around child arrangements or property and finance you can contact **Tees Valley Mediation** on 07983475946. They offer accredited private and legally aid funded mediation.
- A number of counselling services for adult relationships and families are delivered by **Relate**. They also offer services over the phone and online. Call them on 01325 461500 or visit their website [www.relate.org.uk](http://www.relate.org.uk)
- The Healthy Relationships Partnership deliver the **Parents as Partners** programme in Hartlepool. The group helps parents improve their couple relationship whether they are together or separated. Call 01429 891444 for more information.
- There are lots of resources available **Online** to help you if you don't want to get support from someone else right now. Visit the section for families on our website which includes our resources and links to **Relate** and **One Plus One**.