

News release

Tuesday, 24 March 2020

For immediate release

Relate releases coronavirus relationship advice as charity suspends its face-to-face counselling services in Relate Derby

Counsellors at Relate, the leading relationships charity in England and Wales, have responded to the coronavirus (COVID-19) outbreak by putting together advice for maintaining healthy relationships during social distancing and self-isolation. The tips, which are available in full on Relate's website, cover topics such as how to stay connected, avoid falling out with your partner and family members, and how to talk to your children about the virus and reduce anxiety.

Relate in Derby has closed its face-to-face services at Wentworth House, 3 Vernon gate, Derby and other outreach centres across Derbyshire and Burton in response to the pandemic. However, to enable them to meet demand for relationship support services at this unprecedented time, the charity has increased its capacity to deliver counselling via telephone and webcam.

Claire Rintoul, Interim Chief Executive at Relate Derby said:

“The coronavirus outbreak is leading to big, immediate changes in our everyday lives and people are understandably very concerned. Our relationships will be hugely important for getting us through this unprecedented time but self-isolation, social distancing and concerns about issues like finances may also pile on the pressure.

“That’s why it’s vital to look after your relationships as this national crisis unfolds. For anyone who’s struggling, Relate’s highly trained counsellors are still ready to help via our Live Chat, telephone and web counselling services.”

The tips are available in full on Relate's website and include:

- If you are self-isolating at home you may feel disconnected from others. Make use of social media, text, instant messaging, phone and video messaging as ways of keeping connected.
- Your routines and roles may change if one or both of you are working from home. This could be a challenge or an opportunity so try to make it work for you by checking in regularly about how this is going.

- You may need to get creative with the space if you are both working from home. Take turns to share the most comfortable spot.
- Stick to facts when talking to children and communicate with them calmly, consciously and responsibly, using simple language.
- Try to avoid using catastrophising language. Brushing things under the carpet can also increase anxiety so aim to strike a balance.
- If somebody says or does something to upset you, try counting to ten and taking some deep breaths. It may be that you no longer feel the need to 'react'.

Visit relatederby.org.uk or relate.org.uk to find out more about their digital services and access a range of information and self-help. To contact Relate Derby directly call 01332 349177 or email info@relatederby.org.uk

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For all media enquiries contact Gopa Nath on 07741193484 or gnath@relatederby.org.uk or Claire Rintoul 07741193480 or Claire.rintoul@relatederby.org.uk For urgent out of hours enquiries call 07741193480.

Notes to editors:

- Relate national is a registered charity number 207314
- Relate champions the importance of strong and healthy relationships for all as the basis of a thriving society.
- Relate provides impartial and non-judgmental support for people of all ages, gender identities and sexual orientations at all stages of couple, family and social relationships.
- Over four million people every year access information, support and counselling from Relate but it's clear many more would benefit from support.
- For more information visit: relate.org.uk.