

Relationships Signposting

This is a document for general support and information about relationships. For resources for Domestic abuse and other forms of abuse (eg. Financial, Female Genital Mutilation (FGM), Childhood Abuse), see the Abuse document. For Sexual abuse, please see the Sexual Violence document. For Sexuality and LGBTQIA+-specific resources, see the Sexuality and Gender document.

Contents

General Support	1
Relationship support	1
Support For Breakups	2

General Support

- **Strut Safe** (helpline/bsl). Company for late night weekend walks. A UK-wide phone line. If you're walking alone, their volunteers will be a friendly voice to keep you company and help you feel safe until you are through the door. They also have a BSL interpretation feature if you require.
<https://strutsafe.org/#>
 - Phone: 0333 335 0026
 - Thu 19:00-01:00;
 - Fri-Sat 19:00-03:00;
 - Sun 19:00-01:00
 - BSL interpreter: <https://strutsafe.org/#bsl>

Relationship support

- **Citizen's advice** (info) has information on how to end a relationship when you are living together.
<https://www.citizensadvice.org.uk/family/>
- **ODDA** (info) - Online dating safety advice. Information and short videos about how to stay safe when dating online. Includes advice on topics from setting up your profile to meeting another person.
<https://theodda.org/for-consumers/date-safe/>
- **Polyamory UK** (info). Provides guidance if you are thinking about or in an open relationship.
https://www.polyamory.org.uk/?page_id=106

- **Relate** (counselling/info). Has available contacts with counsellors that cost £45 for 30 minutes online. They have a range of ways to access specialist counselling, such as in person, online or over the phone, with the cost depending on household income (£65-£145). They specialise in couples and family counselling, but also provide individual sessions too. In addition to this, they have a range of toolkits and articles offering insight on common problems.

<https://www.relate.org.uk/>

- Counselling services: <https://www.relate.org.uk/what-we-do/counselling-services>
- Toolkits: <https://www.relate.org.uk/get-help/toolkits-and-courses>
- Articles on common issues: <https://www.relate.org.uk/get-help>

Support For Breakups

- **The Mix** (info/support/toolkit). Has a range of articles directed towards under 25s on a range of relationship issues and common impacts of relationships on people. The site also has online support groups regularly available and discussion boards to help connect you with other young people. They also offer tools to support your mental health.

<https://www.themix.org.uk/explore-our-topics/sex-and-relationships/>

- Support Groups: <https://www.themix.org.uk/get-support/support-groups/>
- Discussion boards: <https://community.themix.org.uk/>

- **Citizen's advice** (info) has information on how to end a relationship when you are living together.

<https://www.citizensadvice.org.uk/family/>