



Relationships

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This is a document for general support and information about relationships. For resources for Domestic abuse and other forms of abuse (eg. Financial, 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 & Transgender Identity document.

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General

- **Strut Safe** (helpline). 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.
<https://strutsafe.org/#>
 - Phone: 0333 335 0026
 - Friday-Saturday (7pm-3am), Sundays (7pm-1am)

Support, and relationship advice

- **Citizen's advice** (info) has information on how to end a relationship when you are living together.
<https://www.citizensadvice.org.uk/scotland/family/relationship-problems-s/ending-a-relationship-when-you-re-living-together-s/>
- **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. In-person sessions in the local centre scale by household income but cost more as a baseline. In addition to this, they have a range of toolkits and articles offering insight on common problems.

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

- Online counselling: <https://relatebooking.as.me/chat>
- In-person counselling: <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>

Healthy Relationships

- **The Mix - Is my relationship healthy? Quiz** (info). Helps you understand your relationship dynamic and what you can do if it's not as healthy as it should be. Designed for under 25s but can be helpful for over 25s too.

<https://www.themix.org.uk/apps-and-tools/is-my-relationship-healthy>