

Relationship Counselling and Family Mediation

Relate Mediation Services

Relate offer Relationship Counselling, Family Counselling, sex therapy and family mediation. Mediation is free for those on a low income who are eligible for legal aid. You can check if you qualify by using the [legal aid checker on gov.uk](https://www.gov.uk/legal-aid-checker). If you're not eligible you will be asked to pay a charge related to your income.

Relate also offer **children and young people's counselling**, which is free for children and young people up to the age of 18. Counselling can support children and young people with any problems they are facing, whether this is at home, or at school.

Phone: 0300 003 2324

Website: <https://www.relate.org.uk/london-north-west-and-hertfordshire?page=1>

Ealing Abbey Counselling Service

The Ealing Abbey Counselling service run a small clinic for couples who are experiencing relationship / sexual difficulties and also for individuals with problems specifically of a sexual nature. Appointments are usually offered on Friday afternoons or evenings and on Saturday mornings although other times can occasionally be negotiated. A contribution of £15 - £35 per couple is requested for each session. The Ealing Abbey Counselling Service can offer up to 6 months counselling within this service.

Phone: 020 8998 3361

Email: counselling@eacs.org.uk

Website: <http://www.eacs.org.uk/index.shtml>

EACH one -to-one counselling sessions

EACH offer one to one therapy in a range of different approaches;

- Person-centered
- Cognitive Behavioural Therapy (CBT)
- Psychodynamic
- Integrative

Counselling is offered on a short or long term basis and fees are £45 per 50 minute session, though concessionary rates are available depending on the client's circumstances. Day, evening and weekend sessions are available to accommodate work or caring responsibilities.

Counselling can be offered in a number of languages including; English, Punjabi, Hindi, Urdu, Gujarati, Tamil, Dari, Pashto Polish and Portuguese.

Phone: 020 8577 6059

Email: info@eachcounselling.org.uk

Asian Family Counselling Service

The Asian Family Counselling service offer individual, couple and relationship counselling. Counselling is provided mainly for relationship breakdown, domestic violence, forced marriages mixed marriages, arrange marriages and marital strain due to financial status. Individual counselling can support with various issues such as bereavement, depression, self-harm, sexual abuse, suicidal feelings, unemployment and income related issues. Individuals may self-refer or a professional such as a family support worker, GP, social worker, may refer on the individual's behalf. Costs are £10 per individual session or £25 per couple session.

Phone: 020 8571 3933

Email: afcs@btconnect.com

Website: www.asianfamilycounselling.org

Men and Masculinities Programme

The Men and Masculinities programme is for men who are aware that their relationships have become distressing and damaged by their behaviour.

The programme will create a safe and supportive space to help you explore what it means to be a man, a partner and a father. We will address the impact of conflict, anger, anxiety and addiction on your relationships and help you try to rebuild the trust you have lost.

Referrals: DVAadmin@cranstoun.org.uk

Phone: 07701-373131

Email: DVAadmin@cranstoun.org.uk

Website: <https://www.cranstoun.org/service/menmasculinities-ealing/>