

We offer a range of services

We provide confidential mental health support for everyone.

Our adult services work within a systemic and psychodynamic framework.

Relationship Counselling

Support for any relationship difficulties you may be facing as a couple or individual. Our trained relationship counsellors can help you gain new skills, work on better interaction and reflect on unhelpful patterns of behaviour to gain a deeper awareness of each other's needs, knowledge and understanding. This service is available to anyone aged 18 or over.



Individual Counselling

Support for a range of emotional and mental health needs. Our counsellors offer a safe space to talk about anything you may be struggling with. We can provide sessions face to face and over Zoom. This service is available to anyone aged 18 or over.

Family Counselling

A private, confidential, and non-judgemental space for families to discuss their relationships. It can involve individuals, couples, and several generations of family, or non-family members. Our family therapists aim to highlight strengths and resources that families already have, building on these foundations to open a space for positive communication. We aim to provide a space for families to explore and discuss any barriers to being able to manage their relationships.

Psychosexual Therapy

Sexual issues can often be difficult to talk about and can become problematic within relationships. We offer support for any couples or individuals to help address sexual difficulties. Our trained counsellors can help you to understand the connection between physical, emotional, and psychological impacts of sexual difficulties. This service is available to anyone aged 18 or above.

We currently operate from centres in Leicester City, Loughborough, Oakham, Ashby and Hinckley.

Contact us on :

0116 254 3011

reception@rllr.org.uk

Relate

Leicester, Leicestershire & Rutland

01162543011

Children & Young People's Counselling

Our Children & Young People's counsellors offer a safe space for children and young people aged 8-18 to talk about any challenges they may be facing and explore better ways of coping. We work within CBT, systemic and child centred modalities.

We also provide services within schools across Leicester, Leicestershire and Rutland.



Support for parents

Our Prosper programme is a 3-hour Zoom session for parents of children experiencing anxiety. Our Prosper deliverers support parents to understand anxiety and how they can best support their children and young people to cope better.

"It was a relief to learn that other parents have the same worries."
~ Prosper parent

Flourish

Our Flourish groupwork programme is for children and young people aged 8-17. It aims to equip children and young people with a better understanding of mental and emotional health, coping strategies and emotional resilience through a range of creative and engaging interventions. There are a maximum of 8 young people in any group. Topics covered include:

8-11yrs (6 week programme)

- Understanding anxiety
- Anxiety management
- Improving self esteem
- Communicating emotions
- Building resilience
- Mood management

11+ yrs (8 week programme)

- Understanding anxiety
- Coping strategies
- Managing low mood
- Challenging negative thoughts
- Improving self esteem
- Managing stress
- Building resilience
- Physical well being and responding to problems

FAQs

Is it confidential?

We are a private and confidential service. We will not share any of your information with anyone outside of the service unless we have concerns that someone is at risk of serious harm.

Is there a cost?

In most cases there is a cost for our services. There is support available which can be discussed when enquiring about a service. The cost of the initial assessment is £55, subsequent sessions are £48 for individual, relationship and children & young people's counselling. Psychosexual therapy sessions and family counselling is £55 per session.

Can I bring someone with me?

We understand that attending counselling for the first time can be overwhelming. You are welcome to bring someone with you who can wait in our waiting room during your session.

How many sessions will I need?

This will depend on the service that you're accessing and the goals you have for therapy. You can discuss this with the counsellor during your initial assessment.