

# Eye to Eye Counselling Service

“Sometimes we all need someone to talk to”



## Relationships (GF/BF): parents and carers

Everybody wants the young person in their life to be happy when they have a partner, and it's natural for you to worry when they are having relationship problems. It can also have a knock-on effect on you, as you watch how their mental health is affected by their issues.

You may notice the young person becoming:

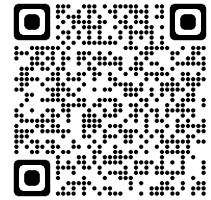
- Anxious or on Edge
- Depressed
- Isolated
- Scared
- Vulnerable
- Miserable

This may be due to:

- Abuse- whether physical or emotional (see our Domestic Violence leaflet)
- The couple arguing a lot
- Feeling like they want to leave the relationship but are unable to
- Being controlled, or being the one to control someone
- Trust issues/cheating
- Being pressured to do something they don't want to do
- How a partner's mental health affects them
- Life events affecting their relationship
- Other people not approving of their relationship

## How can I help the young person?

- If you suspect someone is in an abusive relationship, then it is important to intervene **carefully**. More information can be found on our Domestic Violence leaflets for how to proceed
- Tell the young person that you are concerned about how their relationship is affecting them, and that you're **there for them** if they want to talk to you
- Help the young person to understand what 'healthy' and 'unhealthy' relationships look like, and whether they can **recognise** these attributes in their own relationship
- Be mindful that many young people won't want to talk about their private life, so **don't** pry, or force the issue.
- If they choose to speak to you, make sure you're listening actively with no disruptions or distractions, and let them talk about their feelings.



[www.eyetoeye.wales](http://www.eyetoeye.wales)

### Useful Contacts

**Eye to Eye Counselling Service:**  
01443 202940  
Email: [info@eyetoeye.wales](mailto:info@eyetoeye.wales)

**NSPCC**  
0808 800 500  
Email: [help@NSPCC.org.uk](mailto:help@NSPCC.org.uk)  
[www.NSPCC.org.uk](http://www.NSPCC.org.uk)

**Young Minds: Parent line**  
0808 802 5544  
[Www.youngminds.org.uk](http://www.youngminds.org.uk)

### Helpful Resources

[NSPCC: Healthy relationships](#)

[Very Well Family: 7 signs your teen is in an unhealth relationship](#)

[Newport Academy: Teenage Love and Relationships: What parents can expect](#)



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