

Eye to Eye Counselling Service

“Sometimes we all need someone to talk to”



Family:

Every family is unique, and there are many reasons why you may come to counselling to talk about family issues. They can include

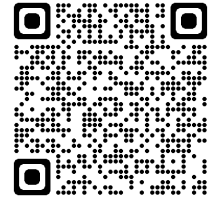
- Clash of personalities between you and a family member
- Witnessing family members arguing or fighting of prolonged period of time
- Abuse of any kind, including domestic
- Lack of good communication
- Mental health issues or addiction in the family
- Being a young carer for a family member
- Pressure from parents or guardians to meet high standards
- Life events effecting the family, such as grief, divorce or remarrying
- Family unemployment or struggling to get by.

What can I do?

If there is abuse in the family, it's important to talk to an adult that you trust or call the NSPCC (see resources). Also see our information on abuse.

For other issues:

- Try to pinpoint the issues clearly in your mind to **identify** what's bothering you the most.
- If possible, talk to your family member **calmly** about how you are feeling to see if the situation can be sorted out between you
- Remember that you **can't control** what other people do or say, but you can control your own actions and take **responsibility** for them.
- When arguments reach a boiling point, walk away, and take 10 minutes to calm down before returning to the conversation. If its still to heated, leave the conversation for a better time when you are both calmer.
- Try to put yourself in the other persons shoes to **understand** what they're going through—it doesn't excuse any bad behaviour, but it may help you figure out the things that they do/say.
- Take time to manage your stress levels—whether its taking a nature walk, watching your favourite TV show, painting, or spending time with your pets. Do something **soothing**.
- Talk to an Eye to Eye counsellor in your school or in the community about how you're feeling—this can help relieve some of the stress.



www.eyetoeye.wales

Useful Contacts

Eye to Eye Counselling Service:
01443 202940
Email: info@eyetoeye.wales

NSPCC
0808 800 5000
Email: help@NSPCC.org.uk
www.NSPCC.org.uk

The Mix
0808 808 4994
www.themix.org.uk (online chat)

Helpful Resources

[Young Minds: Family](#)

[The Mix: Family](#)

[Young Minds: Young Carers and Mental Health tips](#)

[Childline: Home and Families](#)



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