

# Eye to Eye Counselling Service

“Sometimes we all need someone to talk to”



## Relationships (GF/BF):

Being in a healthy relationship is great and can be a huge factor in feeling loved and supported. However, sometimes relationship issues can have a big effect on our wellbeing and mental health. Some common issues talked about in counselling are:

- Abuse- whether physical or emotional (see our Domestic Violence leaflet)
- Arguing a lot
- Feeling like you 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 you don't want to do
- Deciding whether you want to be with somebody or not
- How a partner's mental health affects you
- How life events can affect your relationship
- Other people not approving of your relationship

These issues can leave you feeling:

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

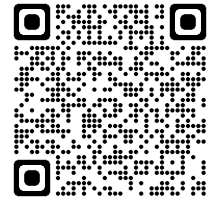
## How do I know if my relationship is 'healthy or 'unhealthy'?

A healthy relationship means you both feel:

- Valued
- Supported by each other
- Trusted and able to trust
- Able to communicate openly and honestly
- Equal
- Able to be your true self

If you are ever **afraid** of your partner or **worried** for your safety, it is **vital that you seek help** and talk to an adult that you trust, or one of the organisations in the resources section.

Working with your counsellor can help you identify what is important to you in a relationship, including what you want and don't want.



[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)

**Childline**

0800 1111

[www.childline.org.uk](http://www.childline.org.uk) (online chat)

### Helpful Resources

[The Mix: Is my relationship healthy?](#)

[YouTube: Healthy and Unhealthy teenage relationships](#)

[Childline: Relationships](#)

[Young Minds: Tips for dating and building healthy relationships](#)



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