

Has Relate counselling changed your life for the better?

Could you share your story and help show that counselling works?

At Relate we are trying to share with others the benefits counselling can have. Every day, we see the difference our work makes, but the only way we can demonstrate this to others is through the stories of clients.

If you think you could share your story, the Relate Marketing Team would love to hear from you. Fill in a real life story form, available from your Relate Centre or request one from mystory@relate.org.uk.

0300 100 1234

www.relate.org.uk

Are you or have you been a Relate client? Do you feel you could share your experience?

Relate wants to show more people that getting help can make a big difference. A great way to do this is by sharing stories from people who can talk from personal experience about the impact coming to Relate has had on their lives.

This is a confidential form for you to share your story. Your experience could help us reach out to people through the media and marketing campaigns but **you can decide how much information you give. Please only share what you are comfortable with.**

Relate would never put a journalist in touch with you directly without your prior agreement and your first point of contact would always be a member of Relate staff.

Would you be willing to (please circle as appropriate):

- Have your story featured on Relate publicity materials eg leaflets / website? YES/NO
- Have your photo taken? YES/NO
- Speak to print journalists? YES/NO
- Have your story sent to journalists? YES?NO
- Speak to broadcast journalists:
 - Radio? YES/NO

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| <p>○ TV? YES/NO</p> <ul style="list-style-type: none">• Would your story need to be anonymous? YES/NO |
| Name (if you have ticked anonymous above, we would not share your name in materials) |
| Age: |
| Ethnicity: |
| Tel no (optional). |
| Email: |
| Relate services used (please <input checked="" type="checkbox"/> as appropriate): <ul style="list-style-type: none"><input type="checkbox"/> Relationship Counselling (attended because of couple relationship)<input type="checkbox"/> Family Counselling (attended because of a family relationship)<input type="checkbox"/> Sex Therapy<input type="checkbox"/> Young People's Counselling<input type="checkbox"/> Relationship Education and Learning (course/training event) (please give course details) |
| Relate Centre: Portsmouth & District |
| When did you come to Relate? |

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| <p>Your story</p> <p>What difficulties were you experiencing?</p> <p>What made you come to Relate? (Did someone recommend Relate, did you see an advert etc?)</p> <p>What help did you receive from Relate?</p> |
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What difference do you think counselling has made for you?

Thank you for taking the time to share your story.

If you have any questions about how the information on this form will be used, please email relate@relateportsmouth.org.uk

Please email this form to relate@relateportsmouth.org.uk or post to

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