

Here's a bit more about what we do

Support for Couples

We offer counselling for couples at all stages of relationships and a family mediation service for couples approaching separation or going through divorce.

Support for Children

We offer counselling for children from 5 years upwards to help with all kinds of issues, such as bullying, changes at home, school life and relationships.

Support for Families

Counselling is available for families in a safe environment, to support all family members and improve communication. We also offer couple counselling, parenting courses and family mediation.

1-2-1 Adult Support

We offer an extensive range of individual counselling and psychosexual therapies.

Family Mediation

We help separated couples to sort out disputes or discuss the practical issues of separation, often about children or finances.

Parenting Courses

We deliver a range of courses offering practical support to boost parenting skills and improve relationships within families.

Domestic Abuse 'Bridging to Change' Service

We offer access to integrated services helping men and women who commit domestic abuse to stop behaving in destructive ways. This includes support for both victims and children.

Volunteers

We work with volunteers across a range of projects and in partnership with other organisations.



Support for you & your relationships

9am - 9pm
Monday - Friday

0161 872 1100

Head Office | 346 Chester Road,
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www.talklistenchange.org.uk

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TalkListenChange

0161 872 1100
www.talklistenchange.org.uk

We offer support to improve emotional wellbeing and build healthy, happy relationships.

We want everyone to enjoy healthy and happy relationships. We offer support to individuals, couples, families and friends helping them to improve their relationships and deal effectively with any challenges they face.

7 Questions Answered

1. Which relationships do you support?

We support every type of relationship.

We can help you to have a better relationship with yourself, with a partner, previous partner, between families, friends, school, an employer or within your community.

2. Who do you work with?

We work with everyone. You can call us for yourself, for your family, about a particular relationship or to get advice for someone else. You can contact us yourself, or be referred by a professional. Everyone who contacts us, regardless of age, gender, sexual orientation, beliefs or ethnicity, will be treated with equal respect and in a non-judgemental way.

3. When should I contact you?

Whenever you or someone you care about needs support. We help people facing issues in new relationships, with ongoing problems, past difficulties, or those who just need a little support. Don't feel things have to get worse before you call us. Whatever stage you are at, we can help.

4. What will happen when I get in touch?

We'll listen to you to find out how we can help. We'll talk about what's going on and work out the best way to support you. We'll put together a plan using some of our specialist teams and services. You can work with us for a short time or over a longer term, and our door is always open.

5. Is it confidential?

Yes. All of our services are private and confidential. Names and contact information will not be passed to any other individuals or organisations unless we have reason to believe that someone, particularly a child, is at risk of serious harm.

6. What if I'm not sure what I need?

Don't worry. We work with people every day, and know how complicated life can be. We'll take the time to listen and get to know you. If you're not sure about meeting or speaking with someone yet, we can email or post information and you can contact us in your own time. Our door is always open.

7. How much will it cost?

We charge a fee for most services, to help cover our costs. Our dedicated team can talk you through any costs involved. We are committed to ensuring that we do not turn anybody away.

We are here for you: Call us on **0161 872 1100** to speak to our dedicated team or visit our website **www.talklistenchange.org.uk** for more information.