Focus on Healthy Relationships

Spending time with other people is key to our mental wellbeing. Healthy relationships involve good communication, trust and respect.

When those things are absent you may feel uncomfortable being around someone. This could be a friend, a family member or partner. If you are concerned about any relationship that doesn't feel right there is help available from the following organisations:

NHS	www.nhs.uk/mental-health
CALM	www.thecalmzone.net
Samaritans	www.samaritans.org
NSPCC	www.nspcc.org.uk
Silverline	www.thesilverline.org.uk
Mind	www.mind.org.uk
LGBT Hero	www.lgbthero.org.uk
Act On It Now (for young people)	www.actonitnow.org.uk

If you have an urgent concern about an unhealthy relationship, you can talk to your tutor in confidence. They may refer to you the Safeguarding team or another service that can support you.

Cheshire West and Chester