What our clients have to say.....

“Counselling has supported me through some very difficult life stages and changes. When I was referred I was finding it difficult to cope on a day-to-day basis. I felt really depressed and was finding looking after a lively 2 year old hard work and I wasn’t enjoying life as a mother anymore. I became pregnant early into my time of attending counselling and it supported me through this stressful and difficult time”

“less days off work due to depression, children have a routine now and are much happier”

“My Relate sessions have helped me to put the events of the last two years that have caused my depression into perspective. I have more self-confidence and can deal with everyday issues in a more positive way”

Contact us...
To find out more information or to make an appointment....

Relate Bradford,
First floor,
Bradford Trident Business Centre,
11 Edward Street,
Bradford
BD4 7BH

Telephone – 01274 726096
Fax – 01274 729844

Email – information@relatebradford.com

Website – www.relatebradford.org.uk

Office opening hours are:
Mon – Thurs 9am – 9pm
Friday 9am – 3pm.

Couple Therapy for Depression

93% of the people we see tell us that we help them make their sexual relationships significantly better.
Depression

People who are depressed often find their relationships suffer and sometimes problems with our relationships can lead to one or other partner becoming depressed or anxious.

Depression can affect people in lots of different ways. Typical symptoms are:

- Loss of interest and enjoyment in ordinary things
- Feeling tired, tearful and irritable
- Wanting to be alone
- Loss of interest in sex
- Not being able to sleep
- Loss of appetite
- Not being able to concentrate

How can Relate help?

Couple therapy has been shown to be of value for those who are suffering from depression and has been used as a treatment for anxiety and depression for many years. Specially trained counsellors aim to improve relationships by helping couples to identify and then work together on the things that create unhappiness. This should lead to a happier and more fulfilling relationship and relieve depression (which in itself helps to improve the relationship). This positive cycle leads to improved mood and emotional well-being.

What does Couple therapy for Depression involve?

Everyone’s therapy will be a bit different. But usually couple therapy will help you and your partner explore and understand more about your difficulties, working together with a therapist, you will open up the issues that seem to be troubling you and your partner.

How long will it take?

You may have up to 20 sessions of counselling usually once a week or once a fortnight.

How much will it cost?

This is a fully funded service (through the Bradford District IAPT Service) so this will not cost you anything if you live within the Bradford district.

If you have a question that we have not answered here, then please contact us and we will be pleased to help. Our contact details are overleaf.

Couple Therapy for Depression is a type of talking therapy that can help people with their relationship and the emotional difficulties that sometimes arise when there are problems between partners. There are many different types of couple therapy but what is described here is a particular type of couple therapy that has been developed to help people suffering from depression.

Couple therapy for Depression aims to help couples understand the ways in which difficulties in their relationship can contribute to depression in one (or sometimes both) partners.