

News release

Relate Cambridge suggests relationship resolutions Mental Health Awareness Week 2016

Relate Cambridge is encouraging people to make a relationship resolution in support of Mental Health Awareness Week, which takes place from 16-22 May and is on the theme of relationships.

Elaine Taylor, Relate Counsellor from Relate Cambridge, was on Kay Blayney's radio show on Cambridge 105 – Cambridge Women – on Saturday 7th May, talking about Mental Health Awareness week. To listen to the show, click [here](#)

Relationships and wellbeing are closely linked - when asked by the Office for National Statistics (ONS) what matters most to our wellbeing, relationships with friends and family and health jointly topped the list (89%).

Mental Health Awareness Week organisers, The Mental Health Foundation, chose the theme of relationships to raise awareness of how fundamental they are to our wellbeing. If you make a relationship resolution through their website, such as calling an old friend for a chat each week, they will send you reminders so that you can keep your resolution on track.

Elaine Taylor at Relate Cambridge said:

“Relate Cambridge is delighted that this year's Mental Health Awareness Week is on the theme of relationships. We all know from our day-to-day lives the impact that relationships can have on our mental health – both good and bad. And the evidence is there to back it up; people in troubled relationships are three times as likely to experience depression as those who aren't.

“But the quality of our relationships isn't just down to fate. There are practical things that we can do that make a difference to our relationships with friends, partners, family, colleagues or neighbours and in turn benefit our wellbeing. That's why we're encouraging people to [make a relationship resolution today](#).” Struggling to think of your relationship resolution? Here are a few suggestions:

Five relationship resolutions

- Start saying 'hello' to your neighbours and stopping for a chat. It'll make you feel more a part of your community.
- Call your parents once a week to see how they're doing rather than waiting for them to call you.
- Ban smart phones and laptops for at least one evening a week so you can spend quality time with your partner.

- Do something to surprise your partner every month. It can be anything from bringing them breakfast in bed to leaving them a romantic note or booking some cheap theatre tickets.
- Is there a colleague who you haven't got to know yet? Make an effort to chat to them each day and make them feel welcome.

Read personal stories, learn about how investing in your relationships can support mental health and wellbeing and get support if your mental health, or someone else's, is having an impact on your relationship: www.relate.org.uk/mentalhealth (live from 16th May).

Relate Cambridge offers information, advice and counselling for all stages of your relationships. If there's a relationship doubt or issue that's niggling you, we'd also encourage you to come for counselling at the earliest possible stage to ensure you remain happy and healthy. Call us on 01223 357424 or visit www.relatecambridge.org.uk for more information.

ENDS

For all media enquiries contact Elaine Taylor on **01302 347712**

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Relate Cambridge – supporting relationships at every stage of your life

Notes to editors:

- Relate Cambridge celebrated its 70th birthday in 2015.
- Relate is a registered charity number 207314
- Relate champions the importance of strong and healthy relationships as the basis of a thriving society.
- Relationships are under increasing pressure – breakdown costs the UK an estimated £48bn each year.
- Relate provides impartial and non-judgmental support for people of all ages, at all stages of couple, family and social relationships.
- Over a million people every year access information, support and counselling from Relate but its clear many more would benefit from Relate services.
- Relate's couple counselling work delivers an estimated £11.40 of benefits for every £1 spent.
- Relate's services extend beyond relationship counselling to family counselling, counselling for young people, sex therapy and informal courses and workshops and are offered through a network of around 1,700 counsellors across the country.
- For more information and advice visit: www.relate.org.uk.