Information NOW

Information for people in Newcastle upon Tyne

See it differently

See it differently helps you to understand and find a way through relationship problems. It uses videos to help you see the problem you're facing differently.

When arguing with a partner or ex-partner, we can get caught up in the heat of the moment. At times like these, it's difficult to find a way forward. They want to help you see and do things differently. Watch their videos to find some helpful ways to see things differently. Access extra support from a list of organisations. Chat with one of their listeners through their private and free web text service – the Listening Room. You can chat with other families in a similar situation to yourself and share tips and experiences.

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Website: https://www.seeitdifferently.org/

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