

A photograph of a family—a woman, a man, and a young girl—sitting in the back of a car. They are all looking out the window at a bright sunset or sunrise. The woman is on the left, the man is in the middle, and the girl is on the right, holding a small white and brown dog. The car's interior and the rear window are visible. The bottom of the image is covered by a dark blue banner.

SOLUTIONS RELATIONSHIP SUPPORT

Free and confidential (outside the Chain of Command)
relationship support available island wide.

WHAT IS SOLUTIONS RELATIONSHIP SUPPORT?

Solutions relationship support is a free, confidential service that is outside the Chain of Command.

Solutions is provided by the British Forces Social Work & Community Support Service which is contracted by the MoD to provide a range of support services to the entitled population in British Forces Cyprus.



Solutions staff hold qualifications in relationship counselling and work with couples, individuals and sometimes families, to help problem solve issues that affect their relationships.

Relationship support allows you time to think through an issue or work through a problem. It can help you to better understand yourself and make decisions about your relationship.



WHAT HAPPENS WHEN I COME FOR SUPPORT?

At the initial session a Counsellor will talk with you for up to an hour about the presenting issues. Some people find this session is all they need to clear their thinking and help them decide what to do next.



You and your counsellor will talk through how Solutions might be able to help and, if appropriate, suggest further appointments. If your counsellor doesn't think Solutions is best placed to help, they may suggest another service/organisation.

WHERE ARE WE BASED?

We have offices at each unit where we hold appointments.

If you are concerned about confidentiality at your local unit/base, appointments can be arranged at other locations.

IS WHAT WE SAY CONFIDENTIAL?

Relationship support is a private and confidential form of support. Solutions holds information about its clients in strict confidence and in accordance with Data Protection law and guidance.

We will not give your details or any information about you to anyone outside the organisation unless there is an exceptional circumstance, for example, if someone, especially a child, is at risk of serious harm. In such a situation, Solutions would try to involve you in making a decision about any action to be taken.



CONTACT US

Solutions, BFSWS, First Floor, E Block, Episkopi, BFPO 53

Tel: 00 357 2596 3318

Text: 00 357 9961 7183

Email: solutionscyprus@forcessocialwork.com



In partnership with:



BFSWS

BRITISH FORCES SOCIAL WORK SERVICE

www.forcessocialwork.com

Phone: 00 357 2596 3318

Text: 00 357 9961 7183

Email: solutionscyprus@forcessocialwork.com