

The economic and social benefits of relationship counselling

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Relationship counselling strengthens couples and families and helps prevent divorce and family breakdown. Counselling impacts positively in all areas of life including children, health and employment. Counselling therefore spans a variety of policy areas.

Key Facts:

Health

- Relationship difficulties spill over into the workplace causing increased stress levels and raising the risk of heart attack and stroke. In one organisational study, 50% of clients said relationship difficulties were affecting their work. Employers typically lose out when employees take time off through ill health associated with relationship problems. Adults and children who experience troubled family relations and breakdown are far more vulnerable to physical and mental health problems. Relationship counselling helps unhappy relationships thereby reducing costs to health services.



Education

- The link between family situation and educational achievement is well documented. Children fare better at school when their parents maintain a healthy relationship, even although the parents may be separated. Special needs schools are disproportionately used by children who have experienced family breakdown.

Communities

- Children who experience family breakdown are more likely to engage in delinquent behaviour and become criminals in later life. Children whose parents maintain a positive relationship even if they are separated behave better at home and at school. Similarly adults in stable relationships are less likely to engage in crime and risky behaviours.

