

The Effect of Family Breakdown on Health

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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 physical and mental health.

Key Facts:

MENTAL HEALTH

- Children and adults who experience troubled family relations and breakdown are far more vulnerable to physical and mental health problems.
- Divorced and separated adults are the most prone to mood and anxiety disorders.
- Adults who experience family breakdown are two and a half times more likely to attempt suicide than those in stable relationships.



STRESS



- The stress of a discordant relationship can prevent healing after surgery or serious illness. Research shows a 30 minute argument can delay an injury healing by up to a one day, due to changes in levels of stress hormones, cytokines.
- Persistently high levels of cytokines over an extended period, as could result from a high-conflict relationship, have been linked to cardiovascular disease, osteoporosis, arthritis, type 2 diabetes mellitus, and certain cancers. Counselling is a proven method of reducing stress in relationships

ILLNESS AND DEATH

- Divorced individuals are more likely to consult their doctor for almost all categories of illness.
- Analysts suggest that being in a healthy and stable relationship acts as a buffer against stress and anxiety, and that those in relationships are less likely to engage in risky behaviours such as drinking excess alcohol.
- Virtually all research since the 1930's has shown a link between being outwith a stable relationship, and a high death rate. This finding has been confirmed where similar studies have taken place in other countries.
- Divorce increases the risk of death in every age group for men between 25 and 64.



"It may not have resolved our relationship but it gave me the confidence to stop blaming myself and making myself very ill because of it. Thanks for all your help and support"
Peter, Kilmarnock

