

## Self Help Resources – Useful sites & Information

### Relationship Issues (including housemates)

**Students In The Community Guide** offers tips on how to get on with neighbours and engage with the local community, and gives advice on staying safe and healthy when living in a house for the first time.

In English

[www.undebbangor.com/voice/campaigns/studentsinthecommunity/](http://www.undebbangor.com/voice/campaigns/studentsinthecommunity/)

In Welsh

[cy.undebbangor.com/eichllais/ymgyrchoedd/myfyrwrynygymuned/](http://cy.undebbangor.com/eichllais/ymgyrchoedd/myfyrwrynygymuned/)

### How to get over someone fast and get over the agony of a breakup

[www.professional-counselling.com/how-to-get-over-someone.html](http://www.professional-counselling.com/how-to-get-over-someone.html)

**Relationship help – Relate** – offers a range of services to help with couple and family relationships, whether young or old, straight or gay, single or in a relationship.

[www.relate.org.uk/relationship-help](http://www.relate.org.uk/relationship-help)

**Falling out with a Friend** – Some good advice on what to do.

[www.young.scot/information/relationships/falling-out-with-a-friend/](http://www.young.scot/information/relationships/falling-out-with-a-friend/)

**Forced Marriage.net** is a one-stop website that provides practical information and sources of advice and help on forced marriage.

[www.forcedmarriage.net/home.html](http://www.forcedmarriage.net/home.html)

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