

Stress is something that can affect everyone. We have created an online tool to help people manage stress better, particularly when their stress is associated with alcohol use – whether that's drinking because you're stressed or stressed because you're drinking. Part of this online tool is there to support your relationship. Talking to each other can help couples to cope with change and work better as a team. This can make it easier for you to cope with stress. You don't have to use the resource. If you do want to you will be asked to register with the resource. You can stop using the resource at any time without saying why.

### **What do I have to do?**

Your practitioner will direct you to the online tool as part of your engagement with them. You will be asked to read text, watch videos, and answer some questions about what you have been doing. We would like to contact you in one month to complete another survey. If you do not wish us to contact you, please let your practitioner.

### **What are the risks of taking part?**

There is a chance that talking about your **relationship** may make some people upset. If this happens, please tell your practitioner who is available for you to discuss any issues that may arise whilst talking about your relationship.

You can stop using the resource at any time. You can ask any questions and take part in a debrief, if you so wish.

### **What happens to our data?**

On registering with the Click Relationships website, you will be allocated a user ID that we will use to collect your responses to any questions. You will not have to enter any personal information apart from your email address. All data we collect will be anonymised, and no-one will be identifiable from their answers. Data will be held on the OnePlusOne (the Data Controller) secure servers and only the research team at OnePlusOne will have access to this data. We will not share your data with any other bodies; however, we will write a report using the anonymised group data. Data will be held for 10 years, in line with GDPR regulations.

The legal basis for collecting this personal data is that this service evaluation is 'a task in the public interest' (Article 6(1)(e)).

### **Who is organising and funding the project?**

The project is funded by the DHSC and DWP and organised by OnePlusOne.

**We have read or been read and understood the project information sheet.**

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**We have been given the opportunity to ask questions.**

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**We agree to take part in the project and what it involves.**

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**We understand that taking part is voluntary.**

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**We understand how our data will be used and agree to our anonymised data being used in this way.**

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