

Chichester Counselling Services

Wellbeing @ Work

Employee Assistance Programme
(EAP) Counselling



**Chichester
Counselling
Services**

...helping others to help themselves

office@ccs-counselling.com

01243 789200

Recession hitting you and your staff?

We can help you get your staff
back on their feet again.

Positive Outcomes:

- ◊ Lower levels of staff anxiety and stress
- ◊ Reduction in sick leave
- ◊ Tax relief on counselling
- ◊ Compliance with Health and Safety legislation
- ◊ Management support

**Helping you,
helping your staff,
helping your
company.**

**Coping with
Bereavement**

**Managing
Stress**

**Personal
Motivation**

**Managing
Depression**

**Counselling
can help
with...**

**Conflict
Management**

**Personal
relationships**

**Time
Management**

**Coping with
redundancy**

Chichester Counselling Services

Product Menu:

- Face to face counselling for your staff
- Couple counselling
- Telephone counselling
- Critical Incident Debriefing
- Flexible contracts

Optional add-ons

- Legal Helpline
- Financial Helpline
- Care Helpline

All just one phone call away...

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Chichester Counselling Services

Our quality speaks for itself:

- Trusted confidential counselling service
- Qualified experienced counsellors
- BACP Ethical Framework
- Attractive premises
- Located in the heart of Chichester

Flexible

Counselling Assessment	£60
Counselling Sessions	£40

Contract

Annual fee per employee:	£10
Counselling Assessment	£50
Counselling Sessions	£35

Well-being Consultations - single-session

Includes assessment and sign-posting

Lasts 1hr 30 mins Cost per session: £85

FAQs

1. What is an employer's legal obligation?

There is a duty in law on employers to ensure that their employees are not made ill by their work. Stress can make employees ill, and cost your organisation in sickness and performance. Making provision for staff to receive counselling support helps morale and reduces your costs.

2. How does counselling help?

An individual assessment and focussed sessions in a confidential environment gives employees time to express feelings, explore options and find ways to move forward.

3. What feedback do employers receive?

Each employee who uses our service will be given a reference number which will be used to confirm to you how many sessions they complete, and for invoicing. On an annual basis, we can provide an indicator of the types of issues your employees have presented.

4. What if the employee wants to continue in counselling?

The employee may approach you for an extension of up to 6 sessions. If longer-term counselling is required, we would recommend that the employee seeks open-ended counselling. They could join our waiting list for self-funded open-ended counselling, or see a private counsellor.

5. How confident can you be of our service?

CCS works under the Ethical Framework of the BACP, counselling and psychotherapy's professional body. All the counsellors working with this scheme are qualified and experienced, and receive regular supervisory support. CCS has full public and professional liability insurance.

Sample Employee Information Sheet

When you are:

- Stressed or anxious
- Experiencing depression
- Having relationship problems
- Bereaved
- Facing change at work or home

Counselling can provide:

- A listening ear for your concerns
- A place to get feelings off your chest
- Time to reflect on your options
- Support in moving forward

Counselling will be:

- Confidential
- Brief - up to 6 sessions
- Conveniently located in central Chichester
- With qualified and experienced counsellors
- Funded by your employer



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