

Employee Support and Counselling Service

SOMEONE WILL LISTEN!

You can contact the Employee Support and Counselling Service if you need **help, advice, or information...**

What is the Employee Support and Counselling Service?

Life can often be very stressful: problems can build up and seem overwhelming. It can sometimes help to talk with someone.

The Employee Support and Counselling Service can offer you professional, discreet, non-judgemental counselling and support via Telephone or Teams.

This **STRICTLY CONFIDENTIAL** service is available to all employees of LCC (and those schools who buy the service from the Council).

What type of problem does the Employee Support and Counselling Team deal with?

Some of the most common areas of difficulty are:

- ◆ **Health and Sickness Problems**
- ◆ **Stress and Anxiety**
- ◆ **Domestic and Family Matters**
- ◆ **Difficulties at Work**
- ◆ **Bereavement**
- ◆ **Retirement**

The Employee Support and Counselling Service can offer help in many areas. It may be that all you need is simple advice and a listening ear. Alternatively, you may have a personal difficulty that may seem insurmountable. We can offer help with that situation too.

Individuals can make first contact directly by telephone or email to request a referral form. The counsellors are individual members of the British Association of Counselling and Psychotherapy and abide by their code of ethics and practice.

Wellbeing check-ins

We also offer one off wellbeing check-ins to help you explore any issues that may be negatively impacting you and to help you clarify your thoughts and feelings. For many people one session may be sufficient but for others it may be useful as a session to explore further support options.

How do I make contact?

E-mail:

emp.supportandcounselling@lincolnshire.gov.uk

or

Call the number below & leave a voicemail with your name and contact details:

01522 555440

Appointments are Mon-Fri via telephone or MS Teams; the team are flexible with appointments offered but please note that some appointment times may be offered during the working day. It would be very helpful if both employees and their schools are flexible and accommodating in this respect.

