



Contact the service via freephone, live chat, WhatsApp, SMS, email or request a call back.



Your Mental Health consultation will offer in the moment support with a qualified counsellor or psychotherapist. They will determine your specific needs and your suitability for short term counselling.

If short term counselling is deemed appropriate, you will be referred to a counsellor

If short term counselling is not appropriate, the clinical team will provide as much support as possible.




Your counsellor will be in touch within 48 hours to offer you an appointment. This appointment will take place within 5 days of initial contact based on your availability, via phone, video call, or face-to-face.

*Specialism may increase lead-time.

- 1
- 2
- 3
- 4
- 5

They may direct you to:

Local support groups/charities 	Your GP 	Self-Directed iCBT 
---	--	---

If an employee is under immediate risk or harm, emergency services will be notified, if safe to do so. 

You will then attend your structured counselling sessions, as arranged with your counsellor.



You can also agree to have a check in call at a later stage with your counsellor.



LET'S HELP EACH OTHER