



**St Mary's
Catholic Primary
School**

EMPLOYEE COUNSELLING SERVICE INFORMATION



Telford & Wrekin

C O U N C I L

EMPLOYEE COUNSELLING SERVICE

What is Counselling?

Counselling offers you an opportunity to explore and resolve difficulties you may be experiencing in your personal and work life.

The problem may be over a particular situation such as dissatisfaction with or loss of a job, bereavement, ill health or an unhappy relationship.

It may be a more general feeling of anxiety or depression or worries that have been concerning you for some time and you feel that now is the time you want to tackle them.

Counselling provides a safe and confidential setting where you can explore these difficulties with the support of a trained Counsellor.

What does Counselling involve?

You can contact the Occupational Health Advisers at Telford & Wrekin Council on 01952 383631 for initial counselling support or contact one of the counselling team direct.

At the first session you can talk about your difficulties and see if you think counselling may help you.

If you feel that it would, we will arrange a time to meet. The sessions will be completely confidential except in rare circumstances where someone's safety or health is at severe risk.

Counsellors use a range of techniques including CBT (cognitive behavioural therapy) approaches.

Some counsellors are able to offer appointments in various locations.

The counselling service is free of charge to employees.

How to make contact?

You are invited to seek further information from and make appointments with any of the Counselling team:

Ros Davies	01782 787004 07855 160076	Can meet employees in Telford or Stoke
Brian Turner	01952 812606 07974 781228	Can meet employees in Newport
Mo Price	01785 254298 07801 269376	Can meet employees in Stafford or Telford.
Sherrel Fikeis	01952 676953	If you would prefer to meet a black or ethnic minority counsellor.
Sheri Wright	01952 385216	If you work in an educational establishment and would prefer to talk to someone with particular expertise in education.

Teacher Support Line **08000 562 561** offers telephone information, support and counselling for all teachers including trainees. Staffed by trained counsellors with education expertise the service is 24 hour, free and confidential.

Work related stress is not just a personal matter with which employees have to learn to cope. There are also factors influencing work-related stress in the organisation that also need to be addressed.

The Counselling Team works in conjunction with the Occupational Health and Safety Team.