

# THERAPY MINDS

COUNSELLING SERVICES

## Workplace Employee Counselling

Employee well-being is foundational to the success of every company

Workplace counselling is usually short-term and aims to *empower* employees to find their own solutions while maintaining confidentiality and empathy. Employers who offer workplace counselling demonstrate a *commitment* to their employees' mental health and well-being.

How does counselling *Help* within the workplace?

Burnout	Counsellors can assist employees dealing with burnout by helping them identify signs, manage workload, and create a healthier work-life balance.
Depression and Anxiety	Workplace counselling offers support for individuals experiencing depression or anxiety. It provides a non-judgmental environment where employees can express their feelings and work towards solutions.
Conflict Resolution	Counsellors can mediate conflicts between colleagues, helping them find common ground and improve working relationships.
Grief and Loss	Workplace counselling assists employees coping with personal losses, such as bereavement or major life changes.
Relationship Difficulties	Whether it's conflicts with coworkers or challenges in personal relationships, counselling can provide guidance on communication and conflict resolution.
Overall Well-Being	By addressing emotional issues, workplace counselling contributes to overall well-being, productivity, and job satisfaction.

Recognising that the wellbeing of your employees is crucial to their health also brings benefits to the company.

### Benefits of workplace counselling

- Alleviating the occurrences of psychological problems, reducing absences due to illness, and enhancing attitude toward work.
- Improving communication between employees, developing them, and bettering the work environment by providing emotional support.
- Learning to look at issues with a more positive outlook and different perspective.
- Increasing productivity which benefits the company financially.
- Helping employees to better understand themselves.
- Developing effective solutions to problems.
- A safe space to talk about their problems.
- Establishing or improving coping skills.

### Frequently asked questions

#### How many sessions will an employee need?

That's hard to answer as each client's needs are individual, however an average number of sessions is five.

You can decide how many sessions to allocate the client, which will be agreed prior to us meeting the client, or we can assess the client in the first session and give a professional opinion on the number of sessions required.

#### How often will an employee need to attend?

This is entirely up to the client's availability and requirements, but never more than once a week.

#### Can a client continue privately after their allocated sessions?

Absolutely, and with the same therapist if required.

#### What if the counsellor/employee don't get along?

We have a range of counsellors with different modalities to suit individual needs. We can reallocate to a different therapist.

Unlike big corporations, we offer a local service, with local counsellors by face to face, online or telephone sessions.

We don't charge an employee fee, just a pay as you go service.

#### *What does it cost?*

As one local business to another, we try to keep our costs low as we appreciate that the current economy is difficult.

We don't charge a maintenance fee, or a registration fee and we keep it simple by charging

£55 per session with no hidden fees.

All sessions are subject to a 48-hour cancellation policy.

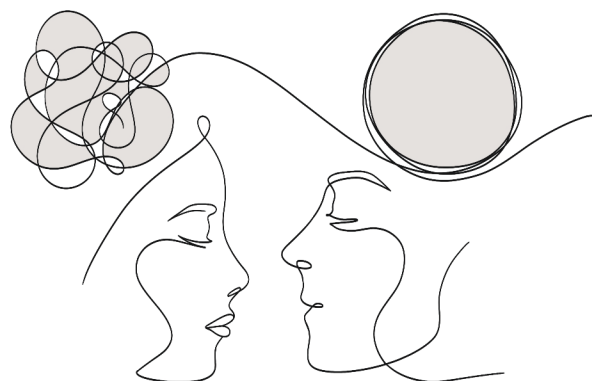
Sessions are invoiced monthly or after an employee finishes a course.

Unlike big corporations, we offer a local service, face to face online or telephone sessions.

### Our counsellors

Our counsellors are registered with either the British Association for Counselling and Psychotherapy (BACP) or the National Counselling and Psychotherapy Society (NCPS). They are all highly empathic and understanding. Our counsellors provide a non-judgmental safe space to explore current or past issues that are causing distress. All sessions are highly confidential.

We have counsellors to suit everyone's needs and can adapt the style of therapy to suit the individual.



VISIT OUR WEBSITE!

### WHY CHOOSE THERAPY MINDS?

- We are a local service, using local therapists.
- No waiting lists.
- No joining fees.

Therapy Minds Counselling Services

📍 3 Belmont Road, Wrexham, LL13 7PW

✉️ fiona@therapyminds.co.uk

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*fiona*  
FOUNDER OF THERAPY MINDS

