

Confidential Staffcare

help is just a phone call away

FREEPHONE

**U.K. 0500 127079
R.O.I. 1800 409388**

www.staffcare.org

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staff
care

There when you need us



Providing Support for Organisations
and their Employees

... there to help and support you

- Anyone, at anytime, can experience problems which may feel overwhelming.
- It may be pressure at home, or a relationship in difficulty.
- It may be problems at work.
- You may feel anxious, depressed or have trouble sleeping.
- It may be a problem with alcohol, drugs or gambling.
- Illness, or death of a close relative or friend, can make normal life seem difficult.
- You may have experienced some traumatic event.
- Even when things seem to be going right, you may feel unable to cope.



Who to talk to

The confidential service is available through an independent company called Staffcare which is totally external to your organisation. The Staffcare counsellors will help you resolve the problems facing you and develop ways of coping in the future.

Professional Qualified Counsellors

Staffcare has a network of trained and qualified professionals who have experience of helping people with a wide range of problems. Counselling usually takes place in the counsellor's office, or at a suitable venue close to your work or home, whichever is more convenient.



Confidentiality

The confidential Staffcare service is bound to confidentiality by its code of practice. Your organisation is not told who is using the service. While your organisation is provided with anonymous statistical data for service evaluation purposes, no data is given which identifies individual users of the service

Voluntary

The decision to request or accept support through the confidential Staffcare service is totally yours.

Availability

Counselling is available to all employees (some organisations include family members as well. You can check if they are eligible through your Occupational Health, Welfare, or HR Departments). The number of sessions you will receive will be determined by your counsellor and yourself, up to a limit agreed with your employers.

Easy Access

To use the service, call the Freephone number below anytime. This is a 24 hour 365 days a year service.

A trained professional will be there to talk to you, to discuss your needs they can give you instant support and advice. If you want to see a counsellor we can arrange an appointment in your area.

Freephone

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The Next Step

The counsellor will contact you at the telephone number you give us. Callers can be assured that their problems will be treated with dignity and respect as the service appreciates how difficult it is to seek help.