

When to seek professional help!

If you feel that you cannot handle intense feelings,

if you feel that your emotions are not falling into place over a period of time,

If you feel chronic tension, confusion, emptiness or exhaustion.

If you continue to feel numb and empty or need to keep active in order not to feel anything.

If you have suffered a significant loss.

If you have continuous nightmares or disturbed sleep patterns

If your relationship with others is being affected.

Addiction to smoking, drinking, drugs or solvents, gambling.

If you feel you have no-one with whom you can share your anxieties, thoughts, feelings or emotions.

If you feel that your work performance is suffering.



CRISIS

*Please contact us at the following:
www.crisiscounselling.co.uk*

*Tel: 0141 812 8474 or
Email: info@crisiscounselling.co.uk*

If calling out with normal business hours, please leave a message with your contact details or write to us by email, we will respond as quickly as we can!

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Registered Charity Inland
Rev. No. 809/78901/01482A
Director: Jean S Cumming MEPS



CRISIS Counselling Services

‘Counselling Response to the Workforce’

Helping Employees by
providing support!

www.crisiscounselling.co.uk

CRISIS Counselling Service Offers:

Counselling Services in the Workplace or other suitable designated location for problems including:

- Stress
- Relationship problems
- Bereavement
- Anxiety and depression
- Financial difficulties
- Alcohol or drug related
- Difficulties in the workplace

Problems such as those listed above can cause physical and emotional scars, which often last for months or years if untreated.

Counselling can be offered on a one to one basis or in a group.

Choice of venue either at one of our Centres or at Employers Workplace.

Professional qualified male and female counsellors available.

Benefits Include:

Help for employers and employees for themselves and their families.

Examples:

Absenteeism -

This can be reduced when staff are taught how to cope effectively with difficulties in their lives both in the workplace and in the home.

Stress –

Good relations in the workplace can relieve stress, which improves production and performance.

Work Performance –

When physical or emotional problems occur it can have an effect on work performance. Working with someone independent of the workplace can be very helpful.

When should a counsellor be used?

When you feel insecure or your daily life is changing causing you to feel unsure of what to do or where to turn. Then one of our trained counsellors can assist you.

How do I access this service?

You can make a self referral if you prefer, or ask your Line Manager/Supervisor to do so on your behalf!

Other Services provided By Crisis

- Individual Counselling (one-to-one)
- Group Work and Seminars
- Training Courses and Workshops (personal development) tailored to meet your requirements
- Consultancy Services
- Online Counselling Service
- Counselling in Major Incidents & Critical Stress Debriefing
- Mediation Services

Please contact us for further information.
