

Basingstoke Counselling Service

- is a registered charity (900559)
- has provided counselling in Basingstoke since 1985
- is an Organisational Member of BACP, bound by its Ethical Framework for Good Practice in Counselling and Psychotherapy and subject to the Professional Conduct Procedure for the time being in force.

Supporting your Employee Assistance Program

**Keeping well in the
Workplace**

Basingstoke Counselling Service

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info@basingstokecounselling.org.uk

Website:

www.basingstokecounselling.org.uk

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Business, Health and Wellbeing

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Employee Assistance Program

This service is offered to employers in the Basingstoke and Deane area who wish to provide a benefits package for their employees that includes a counselling service.

The service allows for direct referrals from a designated person in your organisation.

It is well known that occupational stress leading to depression and anxiety causes many working days to be lost each year – around 13 million days annually. And it goes without saying that the cost of work-related mental illness is huge – a quarter of the UK's total annual bill for sickness can be accounted for in this way.*

And even if employees manage to stay at work, their performance may be severely impaired by personal or work-related stress.

Flexible Counselling

The good news is that employee absence levels can be significantly reduced and productivity improved when counselling is provided, as shown by numerous surveys and this is why large companies often provide their own counselling facility as part of an Employee Assistance Programme (EAP).

Many small or medium-sized businesses would like to follow best practice and provide access to a counsellor for all their employees; but with budgets under pressure, the costs associated with an EAP programme can be unaffordable.

It is businesses such as these that Basingstoke Counselling Service (BCS) can help, by offering flexible workplace counselling on a pay-as-you-go basis – in this way, your staff can be offered high quality counselling at a reasonable price, with no upfront or hidden costs.

Support for Companies

As well as counselling we may be able to provide facilitated staff support groups or supervision, if either is needed.

Our counsellors practise within the framework for ethical and professional standards set by the British Association for Counselling and Psychotherapy. We are well known in the Basingstoke area, where we have been providing counselling for the past 25 years.

Please contact us to find out how this could work for you and your company.

* *Source: BBC*