

Employee Assistance Programme (EAP)

Employer Toolkits for Wellbeing



**TALKING
HELPS**

How can we help you?

- **People** - our most important asset. However many or few you work with- they are key to your team's and organisation's success.
- We want to see you and your people not only survive changing and challenging times ahead, but succeed and thrive too.
- The facts are that when individuals' health and wellbeing is stable and positive:
 - Relationships improve
 - Productivity goes up
 - Innovation grows
 - Satisfaction and retention progress
 - Loyalty becomes important

all factors for a successful workplace.

“Achieve sustainable change on this journey”

Help us to identify how we can help your Organisation thrive

We can help you think through these three questions and others:

Q) What challenges are you facing with your staff's mental health and wellbeing?

Q) What is the current impact in your workplace and on individuals, of poor/negative wellbeing factors?

Q) What would be the impact on your organisation of a happy, healthy and productive workplace?

What happens if your people don't have good wellbeing?

Sadly, we know the damaging impact and the high cost to individuals and to organisations of stress, anxiety, low resilience and poor wellbeing. A few examples include:

Absenteeism;

Under-achievement & lower productivity;

Poor communications & dysfunctional relationships.

Somerset Counselling Centre can help: we can provide solutions and toolkits with you to create a happy, healthy and productive workplace where everyone thrives.

Who are we?

At Somerset Counselling Centre we have a successful track record helping organisations across many sectors: **education, health, government, business (large and small), service and manufacturing businesses alike.** All people centred organisations.

Who you partner with says a lot about you

- SCC are professional, committed, passionate and energetic
- We share your people values, are understanding and have empathy
- SCC knows what works and we have long embraced difference and complexity to find both standard and unique solutions for the immediate and long term

Recognised experts in our specialist field

- Over 30 years of experience in delivery of wellbeing toolkits and solutions with individuals and organisations
- Diverse and collective skills within the team
- Significant pool of counsellors (and growing); strength in depth
- Unique matching of client to counsellor

By supporting **People** throughout your organisation, we help you positively achieve your objectives and goals.

What we can offer

Depending on your location or needs, we can offer

- remote or online services via Zoom
- on demand services via YouTube
- face-to-face work

We've highlighted a small example of services where you can choose one, all or a combination of solutions to best meet your needs:

- 1:2:1 counselling sessions (with options of 6 or 12 x 1 hr sessions weekly per individual or couple)
- Drop-in wellbeing clinics (called MOTs) up to 50 minutes, where we can independently and confidentially listen to people offload issues affecting them - then explore help and support next steps
- Themed workshops or focus groups for teams/ management/ leadership for up to 12 participants in 1 or 2 levels of depth and participation
- On-demand videos, tackling dozens of wellbeing themes and four pillars of wellbeing (eat, sleep, move, relax)
- Branching out into alternative nature based therapy such as equine therapy
- SCC bespoke consultancy services to understand your organisation and build specific toolkits and solutions for you

Packages start from £345 pp



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What do clients say about our work?

The workshops and focus groups experiences supported all our teams to better understand themselves and each other. Investing time and being expertly facilitated raised awareness of ourselves and each other, resulting in understanding, improved communication and a better workplace

Our most recent FE partner saw a reduction in staff absence of 60% during their first year of EAP service delivery with us

The counsellor, looked at my past and my current situation, this involved how I was as an individual, my personal relationships with my family and friends, how work was affected along with my social life. These sessions looked at my past, present and where my future direction is heading. All of which has been incredibly positive

Wellbeing Clinics (MOTs):

100% of staff found them useful

100% want them continued

"It has helped me through a very challenging time and supported me in developing strategies to support my mental health"

"I think they are an excellent idea... Keep them going... :-)"

My boss saw a massive difference in my attitude and positivity

From the outset the counsellor put me at ease, introducing me to the counselling service and how the following weeks would take shape. The counsellor was professional throughout, very understanding and demonstrated a warm and genuine approach and interest. I feel that this approach helped me with my counselling

100% of our clients would recommend our services

SCC Client Surveys 2020, 2021

How do you get in touch?

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