

# Employee Support and Counselling Service

## SOMEONE WILL LISTEN!

You can contact the Employee Support and Counselling Service if you need **help, advice or information...**

### What is the Employee Support and Counselling Service?

Life can often be very stressful: problems can build up and seem overwhelming. It can sometimes help to talk with someone.

The Employee Support and Counselling Service can offer you professional, discreet, non-judgemental counselling and support.

This **STRICTLY CONFIDENTIAL** service is available to all employees of LCC (and those schools who buy the service from the Council).

### What type of problem does the Employee Support and Counselling Team deal with?

Some of the most common areas of difficulty are:

- ◆ **Health and Sickness Problems**
- ◆ **Stress and Anxiety**
- ◆ **Domestic and Family Matters**
- ◆ **Difficulties at Work**
- ◆ **Bereavement**
- ◆ **Retirement**

The Employee Support and Counselling Service can offer help in many areas. It may be that all you need is simple advice and a listening ear. Alternatively, you may have a personal difficulty that may seem insurmountable. We can offer help with that situation too.

Individuals can make first contact directly by telephone, email or post. After an initial conversation an assessment appointment may be offered at the Counselling Suite at Lincoln. The counsellors are individual members of the British Association of Counselling and Psychotherapy and abide by their code of ethics and practice.

### How do I make contact?

Tel: **01522 555440**

E-mail:

[emp.supportandcounselling@lincolnshire.gov.uk](mailto:emp.supportandcounselling@lincolnshire.gov.uk)

Post: **'Private and Confidential'**

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