

# Finding the right counselling service

Contact Occupational Health for confidential information and support in finding the right service. Your call will be treated in confidence, and following assessment, appropriate referrals can be made to ensure the right support package can be found for you.

Please note staff are encouraged to access this service for themselves, or to make an enquiry on behalf of a work colleague.

All services in this leaflet offer free and confidential counselling and support. No information regarding enquiries or access to services will be passed on to any third party unless with the express wishes or consent of the individual.

## Contact details

For a range of useful information and resources, please visit the Mental Health and Stress page on the Health and Wellbeing area which you can find under the Work Life tab on Staff Zone.

When emailing for counselling advice please ensure your enter 'Counselling enquiry' in the subject field.

**Call: Occupational Health 01227 864206**

**Email: [occupationalhealth.kch@nhs.net](mailto:occupationalhealth.kch@nhs.net)**



**Positive Action  
on Staff Health  
and Wellbeing:**  
ways to access  
counselling and support



# Positive Action on Staff Health and Wellbeing: Counselling and Support.



**W**e all need a little bit of advice and support now and then. Working in a busy hospital environment can mean that we have to take extra steps to look after our own mental and emotional health. Each one of us is different. That's why EKHUFT provide a wide range of specialist and bespoke counselling and support options.

There are two ways you can access counselling services in a free and confidential way. Firstly you can go to the Health and Wellbeing section under the Work Life tab on Staff Zone for a list of Kent wide counselling services. Alternatively, you can get a referral from Occupational Health.



## Help is at hand if you are:

- Suffering following bereavement or facing life as a single parent
- Emotionally distressed or facing pressures at work or home
- Generally feeling stressed and unhappy
- Wanting better coping skills or needing advice about mental health issues
- Having trouble sleeping
- Concerned about alcohol or substance misuse
- Having suicidal thoughts



There are a wide range of specialist counselling services available across Kent, offering face-to-face, telephone and internet access. All the contact details are available via the Trust intranet – Staff Zone.

