



'Pay as You Go' Employee Support in Cheshire

A flexible counselling service for your employees





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A WARM WELCOME

Employee support without the EAP price tag

Employee Assistance Programmes (EAPs) have been adopted by medium to large organisations. These organisations have the revenue to invest large sums in offering telephone and face-to-face support to their staff.

But what about those organisations that are smaller in size and do not have the same level of resources? We believe that small to medium sized organisations, or those with a lower budget, shouldn't miss out. This is why we have developed our Pay As You Go service: an entirely flexible option that allows you to tap into support as and when you need it, without contracts or monthly fees.

All you pay is the hourly rate to your selected therapist. Your contract is with the therapist themselves. They will invoice your organisation or employee directly (depending upon the arrangement you decide to set up).

By supporting your employees, you gain lots in return.

There are the usual, well-charted benefits of providing mental health support to your employees. Supporting employees can:

- Boost morale and employee engagement;
- Reduce presenteeism;
- Promote your organisation as a good place to work;
- Prevent issues outside of the workplace impacting on work;
- Reduce absence and associated costs;
- Fulfil your Duty of Care requirements toward employees;
- Recruit and retain staff;
- Reduce the costs associated with attrition and recruitment.

DID YOU KNOW that many people who experience poor mental health come back to the workplace with skills they didn't previously have? Perhaps they have learned greater empathy, more resilience or new ways of overcoming challenges. Not only can you lead the way in supporting employees through difficult times, but you can also creatively harness these skills within your organisation.

HOW ARE WE DIFFERENT TO A TRADITIONAL EAP SERVICE?



The key difference between us and a more traditional employee assistance option is that we don't implement hefty contracts, as we believe passionately in making our services accessible to all.

We have listed in this brochure our names and contact details of our team of carefully selected therapists who can provide emotional support to people facing any number of life's challenges. Should an employee require support, all they have to do is get in touch to book an appointment. Sessions are held locally in Cheshire, although some of us offer support via telephone or video counselling if this is preferred.

Each therapist is a self-employed practitioner in their own right, and as such will manage their own appointments, set fees and manage their own cancellation policy. All contact will take place between the employee and the therapist, giving our service that much-needed personal touch.

Contact details for our team and areas of specialism can be found in this brochures from pages 10-12.

And if the situation arises, any complaints will be handled directly with your chosen therapist and their governing body (BACP/UKPC for example).

The statistics that back up the need for action speak for themselves:

- One in six workers suffer from anxiety, depression and unmanageable stress each year;
- 74% of people with a mental health problem for more than a year are out of work;
- 55% of those with depression or anxiety for more than a year are out of work;
- 49% of workers would not be comfortable disclosing a mental health issue at work;
- Workplace mental ill-health costs employers around £26 billion per year.
- In 2015, 18 million days were lost to sickness absence caused by mental health conditions;
- Those with a severe and enduring mental illness are exposed to premature mortality rates of up to 15-20 years.

Moreover, the Employee Assistance Programme (EAPA) Association has recently funded a large-scale research project, undertaken by The Work Foundation, "poor mental health among employees is costing employers between £33 and £42m (Thrive at Work report)."

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The Team

We are a team of counsellors and psychotherapists based in Cheshire who has come together to offer what we believe is an invaluable offering to small to medium-sized organisations. And we are here to support your employee's emotional wellbeing with any issues they are facing, leaving you to focus on business-as-usual.

As people who live in the local area, we are passionate about supporting the local population with life's challenges. We are all qualified and experienced private practitioners who hold the necessary accreditations and indemnity insurances to deliver professional, compassionate and ethical support.

We believe that much can be done by employers to provide support to their workforce. And that in terms of proactive action, we know that a little goes a long way. By fostering a culture of openness and support, using positive language and by introducing a dedicated counselling service, you as an employer can create the right conditions in which your employees can feel able to seek help.



ABOUT US

Our track record

Over the last decade, we have been proud to support local businesses and third sector organisations with referrals, helping employees in their journey back to health and productivity by offering a range of therapeutic interventions. The businesses we have supported range from local councils, legal firms, the pharmaceutical industry, the housing sector and manufacturing.

Workplace mental ill-health costs employers
around £26 billion per year



A LANDSCAPE THAT IS CHANGING FOR THE BETTER



The landscape of mental health in the workplace is changing, with more organisations recognising their role in supporting their workforce, and people within those workforces embracing this cultural shift.

People seldom get through life without having to deal with some sort of serious personal problem. We can offer your employees a way to access support for issues that can have a negative impact on their job performance, such as work-related stress or problems outside of the workplace.

We are not a traditional Employee Assistance Programme (EAP), but instead a network of individuals who together can provide support for almost every mental health issue that is presented to us. These issues include, but are not limited to:

- Anxiety
- Depression
- Stress
- Bereavement and loss
- Relationship difficulties
- Anger
- Addictions
- Trauma
- Abuse
- Crisis
- Self-harm
- Obsessive Compulsive Disorder
- Sexuality
- Fears and phobias
- Insomnia
- Bullying
- Breakdown
- And many more...



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If you have an employee who you would like to secure counselling support for, then accessing our service couldn't be easier. All you need to do is show your employee the list of therapists on pages 10-12 and ask them to make a choice about who they would like to see.

It is worth considering in advance if the organisation is prepared to fully fund the service or if the employee is required to make a contribution. You may also wish to discuss how many sessions you are prepared to pay for. Also, if the employee is not signed off sick, discuss if they can visit the counsellor during working hours or whether they will need to make their appointments outside of their working day.

Either the employee or you as their manager makes initial contact with your chosen therapist using the contact details provided (most are available during the usual business hours of 9-5pm) to book an initial appointment. If the employee is making the initial call, it may be worth letting them have access to a quiet or private room where they can talk freely.



ACCESSING OUR SERVICE COULDN'T BE EASIER

A word on confidentiality

Everything that is shared between the employee and therapist is kept entirely confidential. No reports or feedback will be shared with the organisation or anyone representing the organisation.

The only time our therapists will break confidentiality is if the person in question is at risk of harm to themselves or another person. In this rare instance, the appropriate authorities will be contacted.

A THERAPEUTIC ENVIRONMENT



About The Hope Street Centre

The Hope Street Centre was founded almost 20 years ago, and since this time has had the vision to support people locally by offering high quality, ethical therapy, with the various life challenges they face. The Centre has continued to thrive despite the global economic crisis, and on average we have up to 500 clients visiting in any given month.

The centre is readily accessible from the neighbouring towns of Congleton, Alsager, Middlewich, Holmes Chapel, Knutsford, Crewe, Kidsgrove, Winsford, Northwich, Warrington and Stoke on Trent.

Location

Much of the therapy we offer takes place at The Hope Street Centre in Sandbach, although a number of the therapists in our network offer alternative locations such as Staffordshire, and/or telephone/video counselling.

Please be aware that we are not a 24-hour service and we do not operate a 24-hour helpline. If you are looking to set up a 24-hour helpline service, then please visit the Employee Assistance Programme Association website for a list of accredited EAP providers.

Tranquil, safe and easily accessible

- The Hope Street Centre is a well-maintained, safe, and tastefully decorated building that presents a welcoming impression to your employees;
- Therapists often bring fresh flowers to display in the rooms, and we have lots of plants around the building to further contribute to the sense of wellbeing;
- The building is situated on a quiet street, close to the centre of Sandbach, making it an ideal, easy to reach location for many people within the Cheshire area. There is ample free parking close to Waitrose, as well as good links to the motorway and rail networks.



ADDITIONAL SUPPORT RESOURCES

Additional support for employees

Should a member of your team require more urgent support, outside of the counselling we offer, then the following organisations are there to help:

Samaritans – call: 116 123

Cruse Bereavement Care – call: 0808 808 1677

National Suicide Prevention Lifeline – 1 800 273

Mind – 0300 123 3393 or text 86463

We also recommend seeking GP support where necessary.

Supporting managers

We understand that managers are not always equipped to help colleagues who require emotional support, and understandably so. Knowing how to support someone who is in emotional distress requires training and experience.

Email us at:

hopestreetcentre2@gmail.com

and we'll send you our guidance document on Supporting Someone in Distress.

THE THERAPISTS

More information about each therapist can be found by clicking on the hyperlinks (Further Information) provided below...



Alison MacGregor

[CLICK HERE FOR FURTHER INFORMATION](#)

Specialism: Loss, Bereavement, Anxiety, Depression, Trauma & Relationships

Hours: Tues, Thurs and Fri – daytime & evening

Video sessions offered: No

Qualifications: Level 4 Diploma in

Therapeutic Counselling, Level 3 Certificate in Counselling Skills

Accreditations: Working towards BACP

Fees: £35 per session

Tel: 07780 670115

Email: alisonmacgregor@gmail.com



Catherine Burbridge

[CLICK HERE FOR FURTHER INFORMATION](#)

Specialism: Wide range + Addiction, Domestic Abuse, Eating Disorders and Post Natal Illness

Hours: Mon - Fri 9.30am - 5.30pm. Evening appointments can be arranged

Video sessions offered: Yes

Qualifications: MSc & PGDip in Counselling and Psychotherapy, Ba Hons,

Accreditations: BACP cert no. 55126

Fees: £55

Tel: 07913209531

Email: mtp.counselling@gmail.com

Web: www.mytherapypartnership.co.uk



Charlotte Walton

[CLICK HERE FOR FURTHER INFORMATION](#)

Specialism: Abuse, Loss, Relationships, Identity, Workplace Issues, Anxiety & more

Hours: Flexible days and evenings; weekends by negotiation

Video sessions offered: Yes

Qualifications: PostGrad Diploma in

Counselling, Counselling Supervision, numerous specific certifications

Accreditations: BACP

Fees: £40 per individual & £50 per couple

Tel: 07866395553

Email: charlottewalton@btinternet.com



Chris Proctor

Specialism: Work-Life Balance, Anxieties & Distress, Relationships, Parenting, Loss & Loneliness, Male Identity, Stress

Hours: Weekday hours are flexible, evenings and weekends by arrangement

Video sessions offered: No

Qualifications: MSc Counselling Psychology, CYP IAPT in CBT

Accreditations: BACP

Fees: £45 per session

Tel: 07834 321495

Email: cpcounselling@icloud.com



Dewi Thompson

[CLICK HERE FOR FURTHER INFORMATION](#)

Specialism: Depression, Anxiety, Anger Management, Relationships, Self Esteem, Bereavement, Loss, Coping with Stress
Hours: Monday & Friday, some evenings
Video sessions offered: Yes
Qualifications: Masters in Counselling,

Masters in Psychology, BSc Psychology
Accreditations: BACP
Fees: £40 per session
Tel: 07923 459457
Email: dewicounselling@gmail.com
Web: www.dewicounselling.co.uk



Dr Sarah Gilbert (CPsychol)

[CLICK HERE FOR FURTHER INFORMATION](#)

Specialism: Stress, Anxiety, Depression, Bereavement, Physical Health and more...
Hours: Various
Video sessions offered: Yes
Qualifications: BSc [hons} Psychology degree and Doctorate in Clinical

Psychology (DClinPsy)
Accreditations: HCPC and BPS
Fees: £100
Tel: 07724 196763
Email: Sarah@clearmindspsychology.co.uk
Web: www.clearmindspsychology.co.uk



Dr Sarah Mills (Chartered Psychologist)

[CLICK HERE FOR FURTHER INFORMATION](#)

Specialism: Anxiety Disorders, including PTSD, OCD and Panic
Hours: Wed & Fri am, some weekends
Video sessions offered: Yes
Qualifications: Bsc Psychology, Practitioner Doctorate in Counselling

Psychology, EMDR level 3 Practitioner
Accreditations: BPS, HCPC registered
Fees: £100 per session (or £450 for a block of 5, paid upfront)
Tel: 07949 663345
Email: info@mindchange.co.uk
Web: www.mindchange.co.uk



Elaine Rayen

[CLICK HERE FOR FURTHER INFORMATION](#)

Specialism: Bereavement, Loss & Anxiety
Hours: Mon, Tues & Thurs evenings from 6pm and Wednesdays from 2pm
Video sessions offered: Yes
Qualifications: BSc Psychology, PgDip Counselling, Certificate in CBT with Heart

Accreditations: BACP
Fees: £35 per session
Tel: 07812 947525
Email: elainerayen.counselling@gmail.com



Gareth Williams

[CLICK HERE FOR FURTHER INFORMATION](#)

Specialism: Mindfulness & Compassion Therapy for Anxiety, Depression, Shame, Anger, Stress, OCD & Phobias
Hours: Mon - Fri 10am to 8pm. Some Sat
Video sessions offered: Yes
Qualifications: MA Counselling, BSc

Psychology, Certificate in Mindfulness
Accreditations: BACP & UK Network of Mindfulness Teachers
Fees: £60, Concessionary rates
Tel: 07722 613245
Email: Info@mindfulnessandtherapy.com
Web: mindfulnessandtherapy.com



Helen Thomas

[CLICK HERE FOR FURTHER INFORMATION](#)

Specialism: Anxiety, Depression, Loss, Relationship Issues, Post-Traumatic Stress, Identity and Spirituality

Hours: Days & evenings Mon - Sat incl

Video sessions offered: Yes

Qualifications: Diploma in Counselling

Psychology, Certificate in Counselling, NLP

Accreditations: BACP, HCPC

Fees: £45 per session

Tel: 07714 357310

Email: helencounspych@gmail.com

Web: helenthomascounselling.co.uk



Julie Forrest

[CLICK HERE FOR FURTHER INFORMATION](#)

Specialism: CBT and Compassion Focused Therapy for Low self-esteem, Anxiety, Depression, OCD, PTSD, and Phobias

Hours: Mon: 9am-12pm, Tue: 7am-4pm,

Wed: 7am-3pm, Fri:7am-1pm

Video sessions offered: Yes

Qualifications: Bsc Counselling and Therapeutic studies, PGDip in CBT

Accreditations: BABCP

Fees: £60 per session

Tel: 07725 516391

Email: compassionatecbt1981@gmail.com

Web: compassionatecbt.co.uk



Laura Stelfox

[CLICK HERE FOR FURTHER INFORMATION](#)

Specialism: Anxiety, Depression, Bereavement, Relationship Issues, Stress and Self-Esteem

Hours: Mon-Fri day and evenings

Video sessions offered: Yes

Qualifications: Diploma in Person Centred

Counselling, Certificate in Counselling

Accreditations: BACP

Fees: £45 per 55 minute session

Tel: 07919 543766

Email: laurastelfox30@gmail.com



Nicola Taylor

[CLICK HERE FOR FURTHER INFORMATION](#)

Specialism: Abuse, Relationship Issues, Trauma, Bereavement, Loss, Anxiety

Hours: Mon all day | Tues, Wed & Thurs

1.30pm - 8pm & Friday evening

Video sessions offered: Yes

Qualifications: Graduate Diploma in

Counselling

Accreditations: Working towards BACP

Fees: £30 per session

Tel: 07957 310839

Email: nicolataylor809@yahoo.com



Shirley Brocklehurst

[CLICK HERE FOR FURTHER INFORMATION](#)

Specialism: Anxiety, Depression, Self Esteem, Unexplained Symptoms, Autism, Bereavement/Loss, Parkinsons & more

Hours: weekdays, evenings, some weekends

Video sessions offered: No

Qualifications: MA in Dance Movement

Psychotherapy,

Accreditations: ADMP UK

Fees: £40 per session

Tel: 07760 428554

Email: shirley@wellkin.co.uk

Web: wellkin.co.uk



THANK YOU



Thank you for taking the time to read our brochure.

If anyone within your organisation wishes to book an appointment, please book directly through the information given on the Therapists pages: 10-12.

Please be aware we are not a 24-hour helpline. If you do wish to access emergency support, please call the numbers provided on page 9.

We wish you well and would like to take this opportunity to recognise you as being a forward-thinking, supportive employer.