

Here to help...

Carecall professional counsellors are fully qualified and experienced in a wide range of issues. They have a sensitive and practical approach, no matter what difficulties you may be going through:

- *Alcohol or drug misuse*
- *Anxiety or depression*
- *Bereavement*
- *Bullying and harassment - Changes at work*
- *Compulsive behaviour*
- *Crisis support*
- *Debt concerns*
- *Drug related problems*
- *Family problems*
- *Fertility issues & pregnancy loss*
- *Feeling out of control*
- *Relationship difficulties*
- *Sexual issues*
- *Stress at work*
- *Suicidal thoughts*
- *Workplace conflict*

Talking through your concerns can help you to find new options and different perspectives. You can find further information and factsheets on our website

www.carecallwellbeing.com



Sometimes just talking to friends or family can help but other times it may be better to talk to someone trained to listen who can offer support, guidance and a fresh outlook.

That's where we come in. We are Carecall.

The University has selected Carecall as an **independent** source of support. **This service is free to you.** Take the first step, lift the phone, and contact Carecall to make an appointment or talk to someone who can help.

You can call us anytime (24/7, 365 days a year).

Freephone
0800 389 5362
24/7
365 days a year

Your Next Move...

Carecall counselling is carried out in a very supportive, caring and non-judgemental way. Your counsellor will support you to cope with whatever issues are causing you distress and disrupting your life. You will be gently challenged to face your problems, to set goals on how to achieve solutions to your problems and actively work towards those goals. Counselling will help you to identify the resources, strengths, qualities and skills that you have to achieve your goals to find your own unique solutions.



At one time or another we all experience difficulties that can leave us feeling overwhelmed.

Bills piling up, issues at work, relationship worries, even moving house, they can all make us anxious and reduce our sense of purpose and wellbeing.



Carecall.... It helps to talk!

Comments from users of the Carecall service

"I really appreciated being able to talk to someone in confidence. Your advice meant that we have been able to pay off the debts. Thank you."

"I could not have had a better counsellor. I was at breaking point when I first called Carecall. After 3 sessions I was able to return to work."

"I am very grateful to Carecall. At first I was a bit dubious, but I'm glad I made the phone call. Carecall has helped me immensely."

"I have appreciated the confidentiality knowing that I was free to express how I felt without being judged or others having to know."



We are committed to protecting your confidentiality and anonymity.

Only anonymous statistical information relating to the general use of the service is fed back to senior management. No information is disclosed that could potentially identify you as a user of the service.



Experiencing personal or work issues?

It helps to talk

carecallwellbeing.com

Whatever's on your mind, call us free and confidentially 24/7, 365 days a year

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Staff Counselling Service

