

CONFIDENTIALITY

- The Stress Management and Counselling Service abides by the B.A.C.P's (British Association of Counselling and Psychotherapy) Code of Ethics and Practice Guidelines.
- City and County of Swansea recognises the need for preservation of confidentiality between an employee seeking support or counselling and the Stress Management and Counselling Service. It also recognises the need for a safe environment in which such work can take place.
- No information of a personal nature will be disclosed to a third party without the express permission of the employee concerned, except where the public interest overrides the duty of confidentiality.
- In the event of such a situation arising, the employee will be encouraged to disclose the issue voluntarily. Only in the event of refusal to do so would a decision to disclose information be made by the Stress Management Advisor/ Counsellor in consultation with the Corporate Health, Safety and Wellbeing Manager.

KARINA REES

Principal Stress Management Advisor &
Counsellor
01792 636027

SARAH POZZI

Stress Management Advisor & Counsellor
01792 633988

IEUAN WILLIAMS

Stress Management Advisor & Counsellor
(Schools Staff)
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ANDI PLASTIRAS

Employee Counsellor
01792 637668

AARON THOMAS

Employee Counsellor
01792 637668

Email any correspondence or referrals to
confidential.counselling@swansea.gov.uk

Corporate Health, Safety,
Emergency Management
and Wellbeing Service

Stress Management and Counselling Service



*Your Stress Management
and Counselling Service
Explained*

time to change

let's end mental health discrimination



SERVICE VISION

The Stress Management and Counselling service provides professional, specialist advice to employees and Managers by:

- Supporting employees and Managers
- Reducing stress
- Promoting well-being

COUNSELLING SERVICE PROVISION

- A confidential individual or group counselling service provided by the qualified Stress Management Advisors and Counsellor
- Specialist interventions i.e. CBT, REBT, EMDR, Systemic and Integrative
- Access to Independent Counsellors
- Referrals to other agencies as appropriate
- Coaching, mentoring and advocacy
- Career guidance
- Advice and support as appropriate and relevant to need

COUNSELLING

Counselling can help. It is a way of helping another person or persons through purposeful conversation. Talking through issues can be helpful and sometimes it can be useful to talk to someone other than friends, family or work colleagues. Someone who will listen, who is not emotionally involved and, through training, has gained additional skills and knowledge to help.

The service can be accessed in confidence via self-referral, referral by Line Manager, Human Resources Officer or Occupational Health Advisor.

All Teaching Staff will require a referral by their Head Teacher.

The referral can be by telephone, letter, e-mail (marked confidential) or in person.

01792 635820

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STRESS MANAGEMENT PROVISION

- Stress management workshops
- Consultation, advice and support for Managers, teams and individuals
- Resource for practical material and information on stress risk assessments
- Circulation of information as appropriate
- Talk/ training sessions on stress awareness and management
- Training for Managers on after care for staff following traumatic incidents
- Mental Health First Aid training
- Debriefs for Critical Incidents
- Wellbeing Workshops
<http://swansea.gov.uk/staffnet/helpinghandsevents>

APPOINTMENTS

Appointments can be arranged within normal office hours subject to availability. The service can be accessed during sickness absence or whilst on annual leave.

HELPING HANDS

Supporting Staff Health and Wellbeing

Helping Hands is a service supported by the Corporate Health, Safety and Wellbeing Service. It offers employee support, advice and signposting on issues that are affecting their health or wellbeing.

Don't go it alone - get on the phone.

07833 095477

Or contact Helping Hands via email
Helping.Hands@swansea.gov.uk