

# Employee Assistance Programme

## Liberty Counselling Services



The Benefits of  
Having an EAP





## What is Counselling?

Counselling is a talking therapy where you are given undivided attention in a safe and confidential environment. The therapist will actively listen and facilitate exploration.

## What is EAP?

Your EAP is a service that provides employees and dependent family members assistance in resolving a broad range of personal concerns that can negatively impact personal well-being or job performance.

## What Can Counselling Help With?

Counselling can help you cope with:

- A mental health condition, such as ***depression***, ***anxiety*** or an ***eating disorder***
- An upsetting physical health condition.
- A difficult life event, such as a ***bereavement***, a relationship breakdown or work-related stress
- Difficult emotions – for example, low self-esteem or anger

**Other issues, such as:**

- Sexual identity
- Parenting questions
- Family relationships
- Dealing with anger
- Grief & loss
- Balancing work and life
- Stress management

## What To Expect From Your Counselling Session

At your appointment, you'll be encouraged to talk about your feelings and emotions with a trained therapist, who will listen and support you without judgment or criticism.

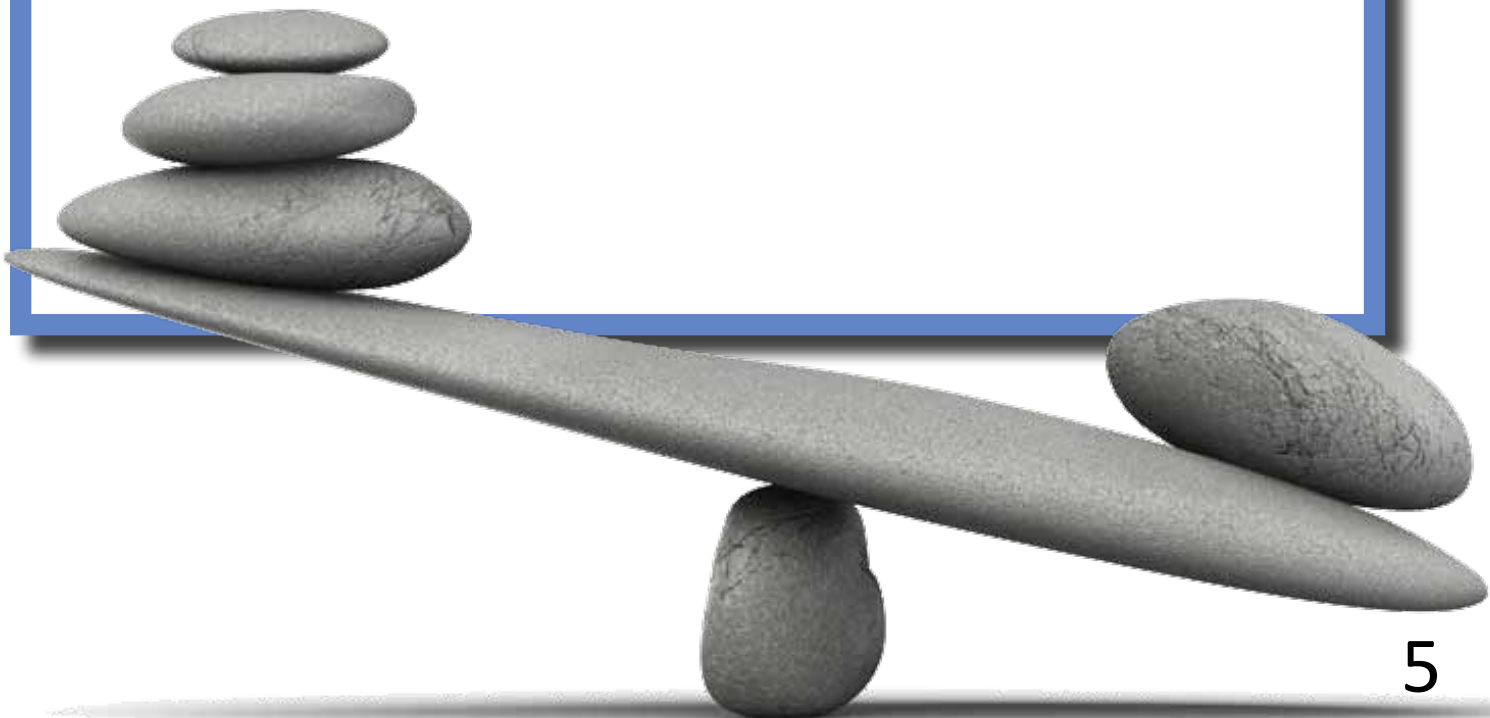
The therapist can help you gain a better understanding of your feelings and thought process, to help you find your own solutions to problems. They won't usually give advice or tell you what to do.

It can take a number of sessions before you start to see progress, but you should gradually start to feel better with the help and support of your therapist.



## The Benefits of Using Your EAP

- **FREE** - Counselling and life management services are offered at no cost to you.
- **CONFIDENTIAL** - sessions are held within the British Association for Counselling & Psychotherapy (BACP)
- **FAMILY MEMBERS CAN USE IT TOO** - Your EAP is available to your household/immediate family members.
- **CAN'T MAKE IT TO THE LIBERTY OFFICE?** - If you prefer you can have your sessions from the privacy of your home or office through Skype, phone or other preferred VOIP (video/voice over internet protocol)



## Your EAP:

- Provided Annually Through Your Company
- 6 x 1 Hour Sessions
- Available to You and your Household Family Members
- English & Spanish Speaking Therapists

*“The secret of change is to focus all your energy, not on fighting the old, but building the new.” - Socrates*

# With Liberty Counselling Services



The EAP Programme is a resource for guidance and support.



It is voluntary, free and confidential



You can speak with a personal counsellor about anything on your mind



Employees may be self-referred or referred by a supervisor



Your spouse or partner, and your dependents can use the program as well

CONTACT US FOR  
APPOINTMENTS/ENQUIRIES

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## Above Sacarello Coffee Shop

