

Please let us know if you have any questions which this leaflet has not answered.



If you would like to find out more or would like to arrange to meet with a counsellor please phone

01743 356057

This number is for staff counselling only to ensure confidentiality. You may speak to Liz Jones, the Administrator or leave a message on the answerphone.

The Staff Counselling Service

Available to all employees of the Shropshire County Primary Care Trust, Telford & Wrekin Primary Care Trust, and all staff and students of Staffordshire University College of Health

Confidential



Free service



Trained Counsellors



Individual work



See inside for further details

Counselling can be helpful when we face difficulties in life that we can't sort out alone.

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We aim to provide a space in which problems / issues can be explored in a confidential, non judgmental and supportive atmosphere.

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You may choose to keep your appointments completely confidential, or ask the support of your line manager to allow time to attend. However no feedback is given to another person. Counselling is offered to support staff in resolving difficulties at an early stage and to help maintain good working and personal relationships.

Here are some examples of the sort of issues people bring to staff counselling which may be related to work or home.

- Work overload or antisocial hours
- Difficult work relationships
- Dealing with change
- Lack of support or encouragement
- Uncertainty of role/responsibility
- Personal problems affecting concentration
- Difficulty with patients
- The impact of dealing with traumatic events
- Lack of motivation
- Possible redundancy
- A specific family crisis or financial worries
- Marital/couple difficulties
- Conflict between family members
- Loss through separation or death
- Work problems intruding on home life
- Stress from illness, or physical or mental health problems

The service is managed by the Department of Psychological Therapies and all counsellors are trained and given regular supervision.

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We are able to provide a choice of counsellors so that you can see someone who you have no connection with through your work or personal life.

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Rooms are available at Chaddeslode House, Shrewsbury and The Dawley Centre, Dawley for counsellor and client to meet.