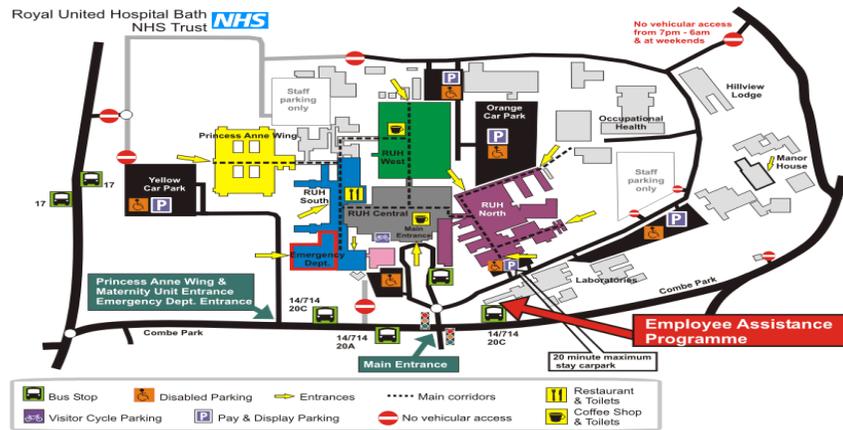




Confidential Counselling & Support
for University of Bath Staff



Here are some quotes from staff who have used EAP:

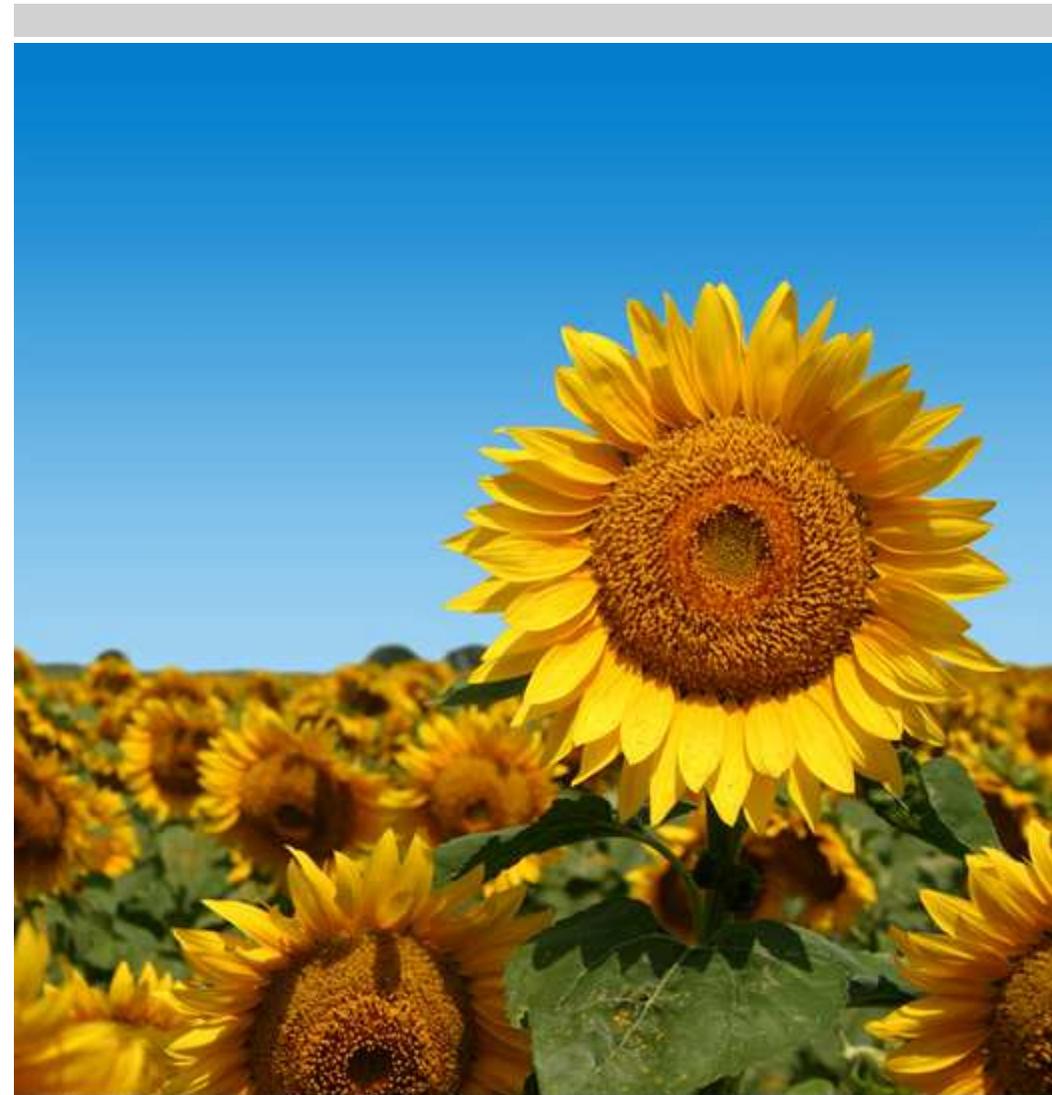
“The service was very professional, warm, understanding and open. They helped me work things out for myself. I am converted from my initial reservations about counselling.”

“I felt I could talk to my counsellor openly and at the end of my sessions I felt I had achieved something.”

“Counselling was a really beneficial and worthwhile process for me. It made me value myself more and I have improved my self-esteem.”

“Counselling gave me a surprising insight and a way to bring changes into my everyday life to make it comfortable, effective and so much better.”

EAP: take a step forward



Employee Assistance Programme

EAP is a free and confidential support service for University of Bath Staff. Our counsellors are qualified, skilled and experienced to put you at ease and support you as you *take a step forward* towards your goal. We're here when you need us most, and there's no waiting list.

What is Counselling?

People come to counselling for various reasons: some want to make life changes or need support through difficult times; others need to identify choices and decisions, and consider possible strategies for action; some people come to work with stresses and anxieties that may be getting in the way, or they may simply need support to manage difficult feelings and situations.

Some problems, like generally feeling exhausted or ill at ease, are not necessarily clear cut while others can be more specific. These may include: work stress, problems with alcohol, low self-esteem, difficult relationships at work, bereavement, relationship and family difficulties, anxiety, depression, or trauma. We also offer relationship counselling for couples.

At such times it's easy to feel isolated and stuck and it can take courage to ask for help and trust another person. Taking that step forward can mark the beginning of a new outlook.

When you contact EAP you will be offered an initial 40-minute appointment with one of our Staff Counsellors, and should you wish to proceed with counselling we will then offer you a short course of 4 sessions, each lasting 50 minutes, with a choice of a male or female counsellor.

How Does Counselling Work?

Your counsellor will normally offer you weekly, regular appointments always in a safe, private space set aside exclusively for you. Here you can:

- explore your situation in a calm and secure environment
- share your thoughts and feelings without fear of judgement
- develop new perspectives, strategies and life skills
- examine ways to make positive changes in your life

Confidentiality

EAP is a confidential service, and we will discuss confidentiality fully with you during your first appointment. Nothing about you will be recorded by us on any medical or personnel file.

We are a member of the British Association for Counselling and Psychotherapy (BACP), working with reference to the 'Ethical Framework for Good Practice in Counselling and Psychotherapy'.

How to Contact EAP

We are open Mondays – Thursdays from 9.00 am – 5.00 pm and on Fridays from 9.00 am – 4.00 pm.

To speak with a Staff Counsellor or to arrange an initial appointment, ring us on:

01225 82 5960 / 82 4484

If you get our voicemail, please leave a message and we will return your call as soon as we can.

