

## NEWSLETTER FEBRUARY 2007

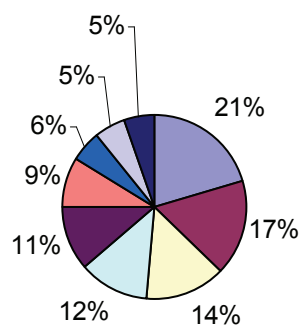
### Employee Counselling—Why would you buy it?

A cynical answer to the question why buy employee counselling would be because it could provide a shield against litigation. The evidence is rather different. Most employers say they buy employee counselling to support their employees; other reasons might be duty of care, supporting employees through major change, helping to alleviate stress, enhancing the welfare package, and providing support for HR. All of these reasons are sound reasons to consider providing an employee counselling service.

### Employee Counselling—Why would your employees use it?

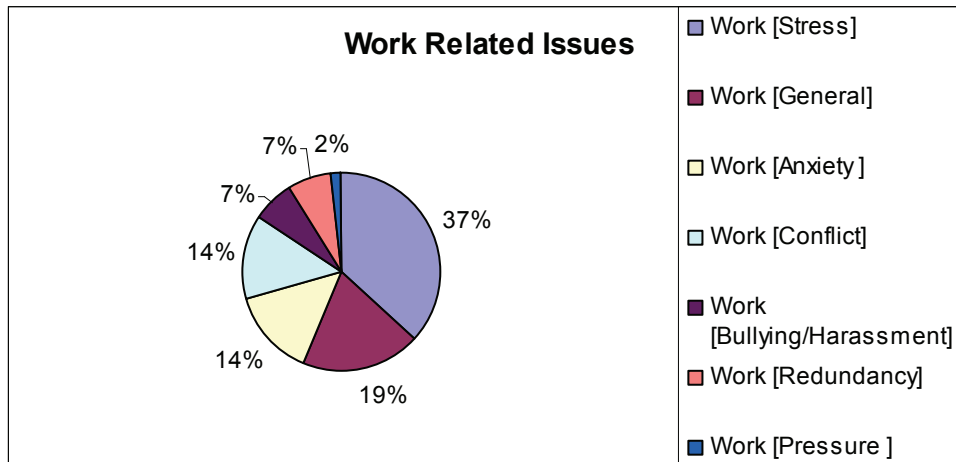
Our statistics show work related issues top the list (see over). Relationship issues such as marital/partner issues and family issues also feature high on the list. Depression and anxiety account for 17% of the concerns presented and low self-esteem 14%. Mental health is clearly a key reason for many employees who seek counselling.

**Norwich Centre Projects  
Employee Counselling Service  
Top Ten Main Presenting Problems 2006**



Work related Issues	Marital/Partner	Low Self Esteem
Depression	Family	Bereavement
Personal Development	Anxiety	Identity Issues

A further analysis of the issues related to the workplace puts stress at the top of the list. It is still by far the most common workplace issue.



An employee counselling service can make a real difference to employees. Feedback shows that they really value the opportunity to access a professional counselling service, especially as they may face a long wait for counselling through their GP surgery.

Norwich Centre Projects and the Norwich Centre are the only services in Norfolk accredited by the British Association for Counselling and Psychotherapy and we are bound by their Ethical Framework for Good Practice in Counselling and Psychotherapy.

**Contact us now to see how we can help you to support your employees**

Use the fax back form enclosed, email [ckitcatt@norwichcentre.org](mailto:ckitcatt@norwichcentre.org) or phone 01603 617709 for further information about our service.

## The Norwich Centre and the Environment



We are delighted that we have just received an award from the Norfolk Waste Partnership for our achievement in minimising and recycling waste. We are committed to reducing our environmental footprint and have built this in to all our purchasing and operating decisions.