

Useful support services

ACIS (Aberdeen Counselling and Information Service)

01224 573892
www.mha.uk.net/acis

Alcohol and Drugs Action

01224 594700
www.drugsaction.co.uk

AMIS (Abused Men in Scotland)

0808 800 0024
www.abusedmeninscotland.org

Avenue – Family Mediation, Relationship and Psychosexual Counselling Aberdeen

Aberdeen 01224 587571 Elgin 01343 540 801
www.avenue-info.com

Breathing Space

0800 83 85 87
(6pm to 2am, Monday to Thursday, 24 hours
at weekends 6pm Friday to 6am Monday)
www.breathingspace.scot

Cairns Counselling

01224 633131
www.cairnscounselling.org.uk

Choices Aberdeen

01224 624900
www.choicesaberdeen.org.uk

Citizens Advice Bureau

01224 569750
www.aberdeencab.org.uk

CLAN – Cancer Support

01224 64700
www.clanhouse.org

Cruse Bereavement Care

0845 600 2227
www.crusescotland.org.uk

Gamblers Anonymous

www.gascotland.org

Healthpoint

08085 20 20 30 Text the word 'Info' to 82727

GREC (Grampian Regional Equality Council)

01224 595505
www.grec.co.uk

Maggie's Cancer Support

Aberdeen 01224 645 928 Inverness 01463 706306
www.maggiescentres.org

NHS Sexual Health Clinic

0345 337 9900
www.nhsgrampian.org/healthvillage

Penumbra

01343 556191 and 0844 625 1625
www.penumbra.org.uk

Crossreach - Buckie

01542 835 751

Rape and Abuse Support

01224 590932 or 08088 010302
info@rapecrisisgrampian.co.uk

Samaritans

116 123 www.samaritans.org

Survivor Scotland

www.survivorscotland.org.uk

LGBT Health and wellbeing support

www.lgbthealth.org.uk

Victim Support Aberdeen

01224 622478
www.victimsupportsco.org.uk

Woman's Aid

01224 593381
www.scottishwomansaid.org.uk

My Healthy Workplace

www.myhealthyworkplace.net

Self help websites

www.beatingtheblues.co.uk
(Contact the well-being hub to access
Beating the blues)

www.franticworld.com

www.getselfhelp.co.uk

www.moodjuice.scot.nhs.uk

www.moodscope.com

www.forumhealthcentre.nhs.uk/your-
health/moodzone-stress-anxiety-and-
depression

www.ntw.nhs.uk/pic/selfhelp

www.pinktherapy.com

www.nhsinform.scot/healthy-living/
mental-wellbeing/stress/breathing-
and-relaxation-exercises-for-stress

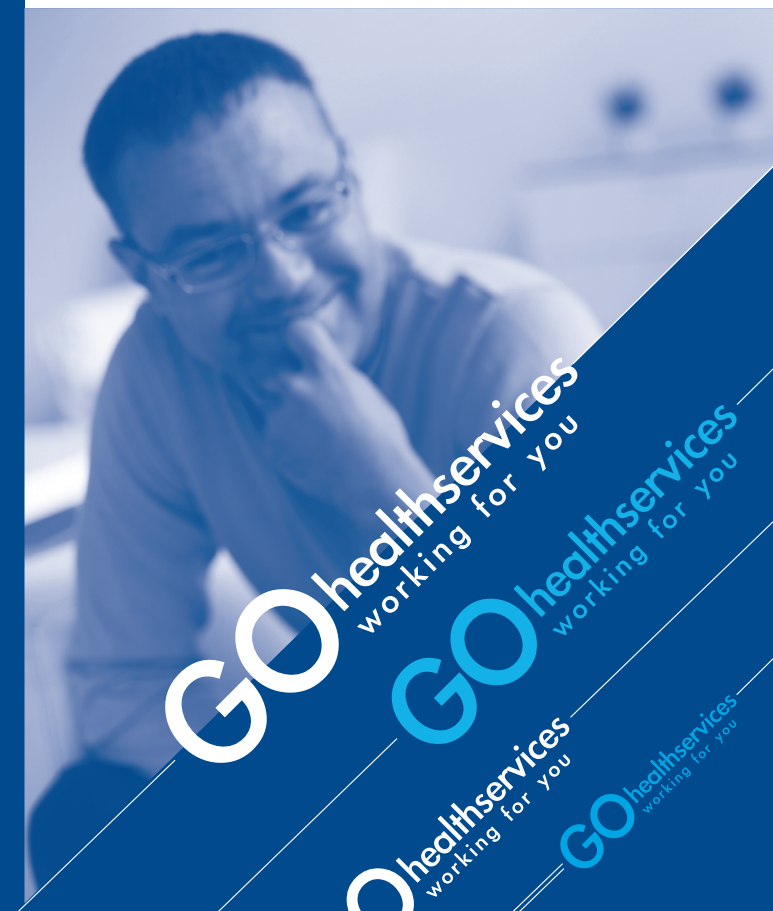
www.nhs24.scot/our-services/living-life
0800 328 9655

This publication is also available in other
formats and languages on request. Please
call Equality and Diversity on 01224 551116
or 01224 552245 or email:
gram.communications@nhs.scot

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* GO Health Services is the brand name
for NHS Grampian
Occupational Health Service



Why use our Counselling & Wellbeing Hub?

Our confidential counselling and wellbeing hub is here to provide support for staff facing difficulties in their personal or professional lives.

Some people choose to access our services because they are experiencing a difficult life event such as bereavement, relationship breakdown or work-related stress. You may be trying to deal with difficult emotions such as low mood, anxiety, low self-esteem or anger. Sometimes it can be hard to explain why you feel stressed, anxious or depressed and counseling can provide a safe space to talk about the issues that are troubling you. Many people find it easier to discuss with someone who is not involved in the situation.

Our team of experienced wellbeing advisors, nurses and counselors are here to listen and discuss anything that is bothering you. You do not have to be in crisis or on the verge of one, before choosing to contact our well-being hub.

After completing our self-referral form you will be contacted by our experienced wellbeing advisors to explore with you the best way forward, this may be to give information and signpost to relevant self-help resources or for you to be booked in with one of our counselors depending on what you decide

What to expect from counselling?

Counselling gives you the opportunity to talk with a qualified person who is able to listen to you non-judgmentally and empathically.

An initial session will be arranged by our well-being hub to look at what has brought you to counselling.

Your counsellor will offer support and encouragement to help you find better ways to cope with what is troubling you.

People come to counselling for many reasons but whatever the underlying causes it is a way of 'fighting back' and to start to resolve what it is that is troubling you.

We offer up to six sessions, each lasting 50 - 60 minutes however if a time limited service is not appropriate for your situation, your counsellor will discuss this with you further.

Confidentiality

Our service is strictly confidential and no information is shared unless with your consent. However there are exceptions to this if the counsellor feels there is a danger of harm to yourself or to others or a serious crime that's been committed. This will be fully explained in your initial session.

Our Policy

If you are unable to attend your appointment please call **55749** or email gram.ohs@nhs.scot to rearrange, so that someone else may benefit

from the session. If you do not attend, it is your responsibility to contact OHS or your counselor to arrange a further appointment.

We respectfully ask that you give us 48 hours notice of cancellation, unless in exceptional circumstances, to allow us to book another client in. Otherwise, regrettably, this must count as one of your six sessions.

Benefits of Counselling

Counselling offers a supportive relationship in which you can explore issues at your own pace. It can:

- help you see difficulties more objectively
- build self-esteem
- help you take control of your life and become more assertive
- improve communication about how you are feeling
- help you to become more realistic in setting goals.

Perhaps the greatest benefit of counselling is that it can help you feel more in control and

better able to do something about an aspect of your life that simply isn't working for you.

About our service

Our Occupational Health Service can offer you counselling with one of our qualified in-house counsellors via face to face* (*not available during COVID-19), telephone, or video link.

Our counsellors are members of their own relevant professional bodies.

NHS and GP Practice employees can self-refer by calling **01224 (5)55749** or by completing the online form available at www.gohealthservices.scot.nhs.uk/Online_Forms/NHS/COUNSELLING/form.php

Employees of other organizations benefitting from NHS Grampian Occupational Health Services can also self-refer using the above number and links.

