

Relate Bournemouth, Poole & Christchurch Employee Counselling



Counselling Service for Employees

We offer high quality 1:1 counselling, covering issues from anxiety, stress, depression, loss and bereavement to relationship breakdown. Whilst all our Counsellors are qualified to deliver individual counselling, with their additional relationship expertise, they are uniquely placed to be able to support you and your family with whatever you may be going through. All our services are confidential and we will not share any information from the content of your counselling sessions with your employer.

How Does it Work?

- You can self-refer to our service by email: office@relate-bournemouth.org.uk Or phone: **01202 311231 (9am-9pm Mon-Thurs)**
- At the time of booking, you will need to notify our Appointments Administrator of the name of your employer. You will then be able to book an initial assessment before attending regular counselling.
- Counselling will be delivered in 50 minute sessions, the same time each week. We can offer you evening/ daytime appointments to suit you. This service is free to you and will be billed to your employer. Please note that we operate a 48 hour cancellation policy.

If you have any questions about the service, please call one of our friendly team, who will be happy to help.