

Counselling can help with

- Stress and anxiety
- Depression
- Bereavement
- Relationship issues
- Sexual identity issues
- Self-esteem
- Work related stress
- Alcohol and drug issues

Working together

Providing homes
Building communities
Valuing people

Link Counselling Employee Assistance Programme

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Some useful websites

British Association for Counselling and Psychotherapy (BACP)
www.bacp.co.uk

British Association of Art Therapists (BAAT)
www.baat.org

Health Professions Council (HPC)
www.hpc-uk.org



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Link Counselling Employee Assistance Programme

For you and your staff



Who we are...

Link Counselling is a counselling practice based in central Edinburgh. Our aim is to provide an affordable, warm, friendly, reliable and professional service.

Link Counselling is run by LinkLiving, a registered charity with over 25 years of experience in providing community based support to those in need. We are part of the Link Group.



Link Counselling

Millions of working days are lost each year through anxiety and stress related conditions. Research indicates that counselling can reduce levels of stress in the workplace by more than 50%.

Link Counselling can offer employee counselling in working with issues that are affecting work performance, such as:

- Stress and anxiety
- Alcohol and Drug issues
- Problematic work relationships
- Personal issues impacting on work

What we offer

- Fully qualified and experienced therapists (BACP or BAAT & HPC registered) working in a variety of different approaches
- A professional and confidential service at £40 per hour
- An accessible central location with on-street parking
- Disabled access
- Daytime and evening appointments
- CORE (Clinical Outcomes in Routine Evaluation) statistical data provided to client and employer at the end of therapy

What is counselling?

Counselling is a helping relationship. Meeting with a counsellor can:

- Give you time and space to explore a problem in your life
- Help you to understand and manage difficult thoughts and feelings.
- Help you look at relationships with others and difficulties with others
- Help you to come to a decision about important issues or changes in your life
- Be an aid to increased self-understanding and self-development

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