

## Confidential Conversations

# Workplace and Student Counselling



## Who are we?

Confidential Conversations brings our counselling expertise into workplaces across the public and private sectors, and to further and higher education establishments. It's a vital service helping professionals and students to strengthen and manage their wellbeing and mental health.

## Support available

We work with all sizes of organisations looking to support employees, service users or parishioners. If you are interested in investing in improved access to counselling support, we can help you with our suite of services.

## Counselling

**Workplace and Third Party Organisation:** We promote the health and wellbeing of your workforce by providing counselling at the point of need for your employees.

Individual counselling needs can vary. Depending on the needs of the client, we offer either short or long-term counselling. This will be determined through a clinical assessment.

- **Short-term counselling:** Up to 6 sessions to address an acute issue.
- **Long-term counselling:** Up to 15 sessions to focus on more complex issues that can arise.
- **Student Counselling:** Confidential Conversations is an APUC approved provider of one to one counselling to further and higher education establishments. We can support establishments to meet the counselling needs of their student body.

## Supervision

We can provide counselling supervision and reflective practice to staff members. Supervision can support the wellbeing of a group of staff who need additional support to safely undertake their role.

- **Clinical supervision:** In line with best practices, supervision is specifically for those working in a clinical capacity as a counsellor or in a supportive role.
- **Group supervision:** Clinical support for groups of people offering support to others.

## Training and Engagement

We are able to offer a range of workshops and training. We would be happy to discuss your training needs.



## About us

Confidential Conversations is a workplace and student counselling service provider, as a part of the suite of services offered by CrossReach Counselling. CrossReach has been delivering counselling across Scotland for almost 40 years and have a proven and highly successful track record.

Confidential Conversations supports businesses and organisations to meet the wellbeing needs of their staff, and can support educational institutions to meet their counselling and supervision needs.

We also have a range of trainings to help inform better wellbeing and mental health awareness.

Contact us

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The Church of Scotland

Social Care Council

Operating as CrossReach, Scottish Charity No: SC011353

