



Employee Psychological Therapy Service

01633 234888

Psychological therapy can help you to express your feelings, to clarify your thoughts and to understand yourself better. It assists you to identify choices and to make changes in your life so that you manage them more effectively.

Talking therapy enables you to find your own answers. It is not the therapists' role to provide solutions nor to give advice. The therapist and client work together to explore different ways of dealing with things.

Is Psychological Therapy Right For You?

Our Therapists work with issues that may or may not be work related and can include anxiety, depression, family and relationship problems. Short term therapy is not appropriate for personality or behaviour disorders or severe or enduring mental health conditions. If you feel that you are in need of immediate help you may wish to consult your GP. *The Employee Psychological Therapy Service is **not** an emergency service.*

Confidentiality

Our service is entirely confidential. We only take self-referrals. We do not accept referrals from managers or the Occupational Health Department. No-one will be informed about your sessions with the therapist, nor is any form of feedback supplied or report written.

How does the Employee Psychological Therapy Service work?

The Administrator will require your name and contact details and you will be offered a Resource Appointment. This appointment can be via telephone, video (Teams or Attend Anywhere), face to face or email. Following your resource session, you will be placed onto the waiting list and offered an assessment and up to six therapy sessions. Appointments are offered to clients in the order in which they self-refer. There are no priority appointments (unless you have experienced violence at work).

The Service operates between Monday and Thursday, 9.30am to 4.00pm and is provided at Grange University Hospital, Llanfrechfa Grange, Ysbyty Ystrad Fawr and Nevill Hall Hospitals.

How can I access the service?

Any employee within Aneurin Bevan Health Board can self-refer using our dedicated phone line: **01633 234888** (between 9.00am and 5.00pm Monday - Friday). A confidential answering service is accessible outside office hours. Alternatively, you can email ABB.EmployeeWellbeing@wales.nhs.uk and the Administrator will contact you for further details.

