



Listening Post Welfare Partnership

Counselling for the Workplace

Listening Post, an established counselling charity, has a business arm supporting its main affordable service. Unlike major EAPs, we know all of our 100+ counsellors personally. We aim to provide tailored and flexible wellbeing support for organisations of all shapes and sizes.

The Welfare Partnership is a collaborative partnership between Companies and Listening Post. At Listening Post, we provide professional, confidential counselling services to ensure employees and service users can receive mental health support, feel heard, valued, and supported.

As well as counselling, service users would gain access to Listening Post's Online Mental Health Portal. Here you will find useful signposting providing clients direction on where to receive further support, as well as Mental Health Resources, to help support your mental and emotional wellbeing.

Why is Mental Health in the workplace so important?

- ▶ In 2022/23, there were an estimated 875,000 workers suffering from work-related stress, depression or anxiety, resulting in 17.1 million working days lost. ^[1]
- ▶ Poor mental wellbeing costs employers in the UK an estimated £42 billion to £45 billion annually through presenteeism, sickness absence and staff turnover. ^[2]
- ▶ 1 in 4 people will experience a mental health problem of some kind each year in England. ^[3]



Get in touch with us today for more information:

Welfare@lpost.org.uk

“When referring clients to Listening Post we are assured that they will be dealt with both professionally and with compassion. We are always pleased to receive feedback from our clients to the difference accessing the Listening Post services has had on their wellbeing.”

Lisa Walker, Regional Manager (Carers), Gloucestershire Carers Hub

Benefits to your organisation:

- ✓ Tailored, cost-effective and flexible wellbeing support for your people
- ✓ Peace of mind that your colleagues, employees, or, service users, are receiving support from an established, well-respected and local service provider
- ✓ Reduction in time off work and early intervention to prevent prolonged stressful situations
- ✓ Enhanced productivity, engagement and team dynamics, and potentially improved staff retention
- ✓ Demonstrating that you are a considerate and attractive employer that values its people

[1] <https://www.mentalhealth.org.uk/explore-mental-health/statistics/mental-health-work-statistics>

[2] *ibid*

[3] <https://www.mind.org.uk/information-support/types-of-mental-health-problems/mental-health-facts-and-statistics/>