





**Employee Counselling Service**


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## Who we are


Employee Counselling Service is a Scottish based not-for-profit organisation established in 1976. It provides support for employers and employees in dealing with difficult personal problems.

The work of Employee Counselling Service is monitored by a Committee of Management which represents: Scottish Trade Union Congress; Chartered Institute of Personnel and Development; Occupational Health Professionals; Employee Representatives.




## What is provided?

- a helpline to give immediate support, advice and information to employees. The helpline operates 24 hours a day everyday.
- structured counselling by appointment. This can be face to face or over the telephone. The cost of all calls is met by ECS.
- support for managers who are dealing with sensitive problems.



## What counselling offers

- Using the helpline or structured counselling is entirely free to employees;
- The helpline and structured counselling is confidential;
- Counsellors work to the ethics of their professional bodies;
- Employee Counselling Service is independent from the employer



## What does it deal with?

Employee Counselling Service offers counselling for problems including:

- Stress
- Family or relationship problems
- Harassment or bullying at work
- Bereavement
- Anxiety and depression
- Post traumatic stress
- Alcohol or drug related problems
- Excessive gambling



## How to contact us?

- Counselling is confidential.
- Self referrals are confidential and no information is given to the employer that would identify an individual. Employer referrals have attendance confirmed.
- Appointments available face to face or over the telephone.
- Telephone 0800 389 7851 for the helpline or 0800 435 768 for an appointment.
- Visit our website [www.empcs.org.uk](http://www.empcs.org.uk)