

Counselling support

In light of the **Coronavirus outbreak**, Pro-Counselling qualified therapists are here to support you.

The COVID-19 pandemic and the tragic consequences of it may seriously affect everyone's mental health.

Pro-Counselling offers **Health Education England East Midlands Trainees** counselling support with a qualified therapist to help you cope with the loss of colleagues, the anxiety and the stress that uncertain times like this bring into our life.



Anxiety
Isolation
Uncertainties
COVID
Loneliness
Stress



The service is confidential, and the sessions are never listened to or recorded. Our therapists follow the British Association for Counselling and Psychotherapy (BACP) code of ethics, which means that they will not breach confidentiality unless an individual is deemed a danger to themselves or others.

How to access counselling support

Please contact the PSW team for an initial discussion with one of the Case Managers:

psw.em@hee.nhs.uk

Our therapists provide **short-term, solution-focussed counselling support** to offer you immediate advice or to guide you towards a solution.



Our service offers counselling support only and **does not provide medical advice or information about the virus and its symptoms**. If you have physical health-related queries about the virus and its symptoms, please visit the **[NHS coronavirus dedicated page](#)**.



Our affiliate therapists are all UK-based, fully trained and qualified to British standards. They are registered members or accredited members of the BACP and/or UKCP.

• **Online**
• **Wellbeing**
• **Space**

The online wellbeing space is a secure platform with videos, podcasts, articles and guides about personal and professional matters.

Visit **[here](#)**

www.heeem.mywellbeingspace.co.uk

And create an account using your professional email address for unlimited access to the online wellbeing space.



- **Self-help tools**
- **Videos**
- **Articles**
- **Worksheets**
- **Podcasts**
- **Relaxation packs**
- **Support for managers**

If you have any queries, or would like to provide feedback, please, let us know !

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