New free counselling service for health and social care workers in Southampton

Tuesday 16 March, 2021

In partnership with Southampton City Council, local charity Options Wellbeing Trust, part of the Social Care in Action group (SCiA), are now offering free counselling support for frontline health and social care workers in Southampton whose mental health and wellbeing have been adversely affected by the COVID-19 pandemic.

Frontline health and social care workers have been at the heart of the response to the crisis, working tirelessly to support people during these difficult times. The pandemic has had a profound negative impact on many people's mental health and wellbeing, particularly those who have witnessed first-hand the effects of COVID-19.

In light of the pressures these frontline heroes continue to face, Options Counselling are proud to offer its support for those health and social care workers that feel they would benefit from the opportunity of talking in confidence with a counsellor.

Our professional team of counsellors will listen without judgement and support those who need it in finding the best way to deal with the impact together, giving people the tools and skills to maintain wellness independently and supporting them to a brighter future.

Counselling sessions are offered on a 1:1 basis or in small groups, online or over the telephone. The free service, available exclusively to health and social care workers, includes up to 8 sessions, completely free of charge.

Director of Options, Nikki Keeley, who oversees the service, says: "We've already had wonderful feedback from people we're supporting and we're seeing a positive impact on people's lives as a direct result of this new service. There is more work to do! We know that there are many frontline health and social care workers, who either cannot afford normal counselling or would just like someone to talk to – we are here for you and urge you to contact us."

If you or one of your colleagues would like to talk to someone confidentially, please contact the team on 023 8063 0219 or email enquiries@optionscounselling.co.uk
for further information.

Related Sectors:

Charities & non-profits :: Coronavirus (COVID-19) :: Health ::

Related Keywords:

Health :: Wellbeing :: Counselling :: Southampton :: Support :: Social Care :: Frontline Workers ::

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