



# Empower your team to feel well, work well, and be the best they can be.

Introducing Rapid Access Workplace Therapy  
by Talk Works.



With Wellbeing In Mind.

# Supporting your team when they need it most

At least 1 in 4 of us will experience mental health problems this year and, with NHS waiting times longer than ever, getting support when it's needed is often difficult.

But, as a responsible employer or HR leader, there's now an easy way you can support your employees and ensure they get professional help whenever and wherever they need it.

With our Rapid Access Workplace Therapy scheme, your employees can access confidential help online, on the phone, or face-to-face within 7 days of a referral. Our experienced local psychologists and counsellors are on-hand to support them through any tricky patches and to guide them through a relevant course of therapy if needed.

Joining the scheme is simple, with no set-up or subscription fees, and you only pay when your people access our therapy services.

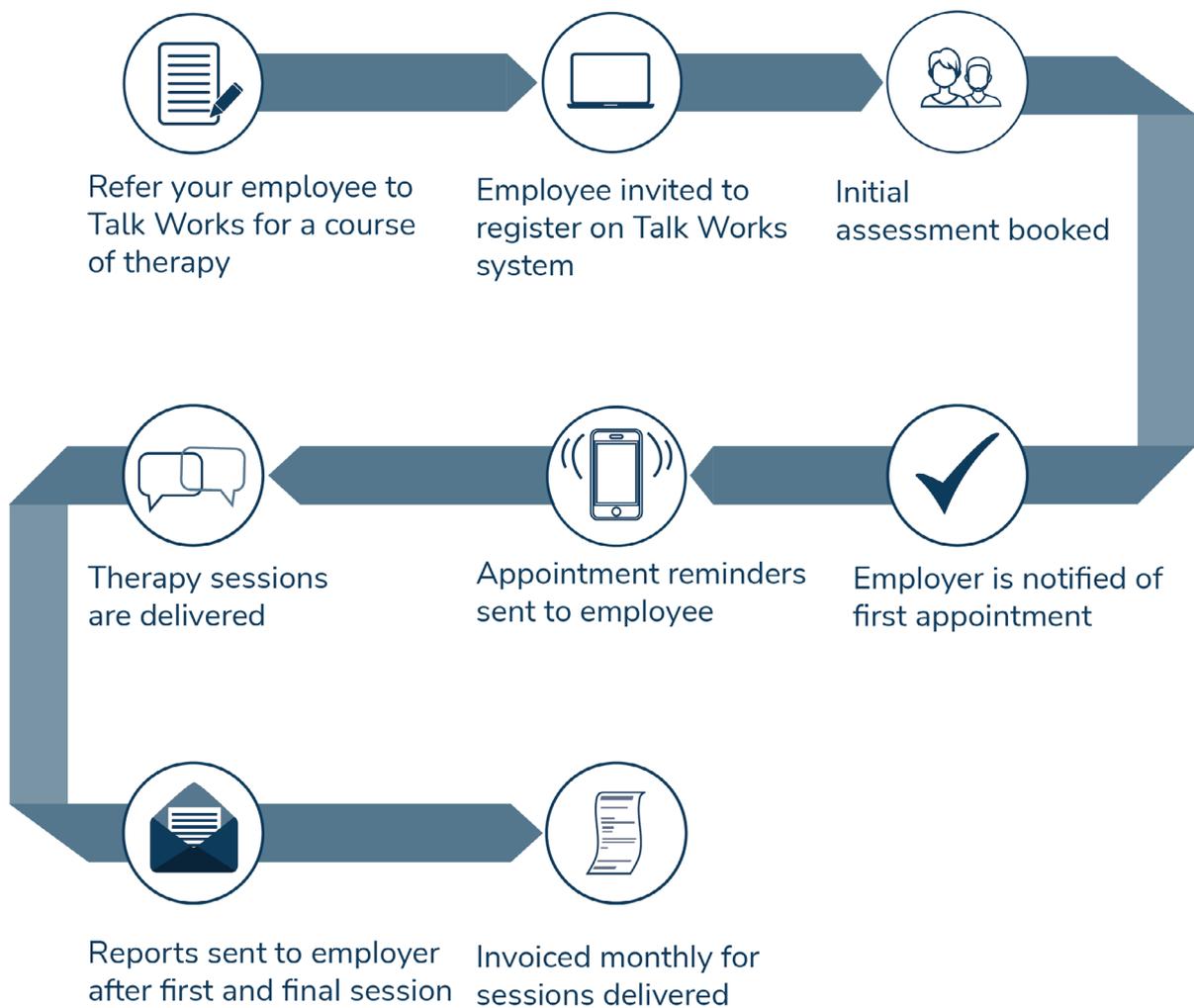
We support thousands of employees across the North East and beyond, and we'd love to help you support your team's mental health today.

*J Cottam*

**Dr Jen Cottam, Founder**

# How it works

We will send you a simple SLA detailing our services and enabling you to set clear budget controls. Once signed, you have instant access to our clinicians and can start referring anyone on your team who may need support...





Our partnership with Talk Works enables our workforce to access psychological support **when they need it most, within 7 days...** enabling people to **perform well** in their role and **reducing absence** related to Mental Health.”



**Lesley Ellison**  
**Occupational Health**  
**Manager**

# FAQs

## **How do I make a referral for one of my team?**

You'll have a dedicated account manager. Simply ring or email them and we will contact your employee directly, within 24 hours, to make an appointment. Your employee will speak with one of our therapists within 7 days of the referral.

## **Are sessions confidential?**

Yes. In their first session, our Clinician will ask your employee how much information they would like to be shared with you in our reports. Most employees are happy for high-level information to be fed back, but if complete confidentiality is requested, we respect this. In these cases, the only information shared is the dates of sessions attended.

## **How many sessions does an employee get?**

Our goal is to plan courses of therapy that give your people the support they need, within your allocated budget, for example you might set a maximum number of sessions to 8 per employee.

## **What information do I receive about my employee's wellbeing?**

After the first and final sessions, a brief report is issued. These typically include relevant information about how the employee is currently feeling, for example, whether they're sleeping well, or noticing symptoms of anxiety and any reasonable adjustments to help them thrive at work.

## **How else can I support my team's mental health?**

As well as delivering written reports, we will work with you to help you understand your team's needs and make adjustments to support better mental health at work. We also offer training - online and in person - for managers or, even better, your whole team.

## **Where are therapy sessions held?**

In our experience, therapy sessions work best away from the workplace. We have a range of clinic locations across the North East and can also offer therapy via video link and telephone.

# FAQs

## **How do I sign up and what's the cost?**

Signing up is free and simple. We will send you a simple SLA detailing our services and enabling you to set monthly budgets. Once signed, you have instant access to our clinicians and can start making referrals. We will bill you monthly based on services accessed by your team and can provide special rates for training and extra support.

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**Support your team's mental health by ensuring they have rapid access to confidential help as soon as they need it.**

- Delivered by experienced North-East based therapists
- Completely free to join and no annual subscription fee
- Only pay when your people access our therapy services
- A typical course of therapy can cost less than a single week of sickness absence
- Scheme can stand alone or bolt-on to your existing EAP
- Simple signup - support your team's mental health today

**Call Kathy on 0191 490 9301 or email [kathy.bevan@talk-works.org.uk](mailto:kathy.bevan@talk-works.org.uk) to get started.**