



The Employee Wellbeing Service

EWS - What to Expect:

Make a referral by filling in a [Self Referral Form](#)



Attend a 1 hour [Resource Appointment](#)



[Book prescription](#)

[Self Help or C-CBT](#)

[Wellbeing workshop](#)

Other organisational resources

Brief [counselling](#)
(up to 6 sessions)

Referral on to specialist services