



CONTACT US

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Business services

There are times when employees need more support than their personal or professional networks can provide.

We offer a wide range of therapeutic services from counselling, CBT and psychotherapy to specialist trauma therapies.

As an organisation, you can signpost your people to us; work with us on a case-by-case basis, or provide drop-in clinic hours to your employees.

Signposting

Are you in HR or are you a mental health first aider for your organisation?

If you are, there may be a time when an employee needs more support than you yourself can provide.

Mental health conditions consistently fall in the top 5 reasons for employee sickness absence in the UK.

We can support with early intervention and more complex needs where they arise. Some organisations that signpost to us, subsidise their employees' support, by funding a number of sessions, others simply provide our details when needed.

Clinic Hours

Are staff members affected by burnout or low morale?

Are you finding that a number of staff members are bringing home life difficulties into their working day?

We can schedule for one of our therapists to attend your workplace and provide a clinical drop in or group sessions for staff.

We will discuss the needs of your business and staff and tailor the deliver to your needs. Below you can find some examples of the way clinic hour can be used:

HR support

Individual or group support sessions for employees

One to One Therapy

Inspire Wellbeing Services can work with you and your employees in ways that fit you and your organisation. Bespoke support packaging & pricing is tailored to your services required.

