

Supporting Mental Health in the Workplace



Did you know that the Tenant Support & Wellbeing Service (TSWS) can support you in the workplace, as well as in your personal-home life, for example:

Confidential Counselling Services

Mental Health Support: Your TSWS offers confidential access to BACP qualified professional counsellors. You can discuss a range of issues, from stress and anxiety to more serious mental health challenges such as depression or trauma.

Confidentiality: This service is private, ensuring that you can seek help without worrying about your issues being disclosed to anyone else.

Crisis Intervention

In cases of immediate mental health crises (e.g., panic attacks, emotional breakdowns), This service can provide in the moment support, an immediate intervention to help stabilise the situation and provide guidance on next steps.

Work-Life Balance Support

This service will help you manage issues that contribute to workplace stress, such as personal relationships, financial pressures, or family concerns. By addressing these external factors, your TSWS will help you maintain a healthier work-life balance, reducing stress and improving your mental wellbeing.

Stress and Anxiety Reduction

Your TSWS can offer resources on managing work-related stress, including practical information, coaching, and guidance for managing workload, deadlines, and team dynamics. Discussions around mindfulness, relaxation exercises, or time management strategies are often part of this.

Substance Abuse Assistance

Some people may turn to alcohol or drugs as a way to cope with stress or mental health challenges. The TSWS can help individuals deal with substance abuse, providing counselling, and signposting to rehabilitation services.

Promoting a Healthy Workplace Culture

By offering these services, TSWS helps to reduce the stigma surrounding mental health issues in the workplace, and in general. This encourages people to seek help early, preventing long-term mental health decline and fostering a culture of openness and support.

Improved Productivity and Job Satisfaction

Supporting mental health through this service can lead to increased job satisfaction, improved productivity, and reduced absenteeism, as employees feel more supported and capable of managing stress and mental health issues.

Life & Progress

Call us today in confidence

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