

FACE TO FACE • FREE • CONFIDENTIAL



On-Site Wellbeing Support...

For All Dorset County Hospital Staff

On-Site Counselling For Any Personal Concerns;
Anxiety, Stress, Depression, Grief, Feeling Lost, Out Of Control ...

This First Step Can Only Be Taken By You ...
Together, We Can Find The Path To Your Personal Wellbeing

Online Registration: www.anxietyassist.co.uk/dch



Call/Text: 07711 929 139

Email: Hello@wellbeingpractice.co.uk

NOTE on CONFIDENTIALITY:

We will never report on your attendance to your employer or any person without your express consent. We adhere to the BACP code of ethics including confidentiality.