



Wellbeing at Christmas

Christmas is a difficult time of year for many people. Sometimes our usual sources of support, such as family or friends, are too close to the problem, or can even be part of the problem. Staffcare counsellors are trained to listen non-judgementally, to help you understand better what is happening, and to support you in finding ways to improve your situation. The aim of counselling is to encourage you to find your own solutions – it is not about giving advice or instruction.

You can call the Staffcare Careline at any time, day or night, and speak directly with a counsellor. Staffcare can offer telephone/virtual counselling support, or arrange for you to meet face to face with a counsellor.

All staff members are entitled to use the service and your call will be treated in the strictest confidence. Talking to someone can help; simply ring the freephone Careline number any time on

0800 731 3674

Or staffcare@belfasttrust.hscni.net

Some of the issues that may arise over Christmas that we can help you cope with.

- *Loneliness*
- *Relationship problems*
- *Bereavement*
- *Anxiety*
- *Depression*
- *Money worries*

