

JMC Counselling & Training

Stress and mental ill-health are two of the most common causes of long term absence within the workforce in the UK (Simply Health 2016). Management and employees are often unwilling to seek the help they need and employers may not have adequate support or services in place. Lack of proper support, can often lead to management and employees taking days off sick or underperforming at work.

JMC Counselling can help manage mental wellbeing in the work place by providing staff and employees direct access to counselling services and training in how to manage stress, and in most cases, without having to see a doctor; this in turn contributes to the employing organisations duty of care to staff and employees.

JMC Counselling will provide your organisation with professional, confidential and emotional support, thus supporting staff and employees with good mental health and wellbeing that will assist with productivity within your organisation helping staff and employees get back to normal quickly and safely.



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Supporting staff and employees through tough times. Did you know:

Within the UK, 12.7% of all sickness absence days is due to poor mental health (Mental Health Foundation 2016); and

It costs employers approximately £2.4 billion per year with 70 million working days lost each year due to mental health problems in the UK.

An article published by the Employee Benefits; Article (2017), states that: 51% of respondents believe employees are kept awake at night by work stress; and

With regards to employers, almost 3/4 of respondents believe they should be doing more to support staff who are struggling with their mental health

References

CIPD. 2016. Absence management survey. [ONLINE] Available at: <https://www.cipd.co.uk/knowledge/fundamentals/relations/absence/absence-management-surveys>. [Accessed 14 May 2018].

Mental Health Foundation. 2018. Added Value: Mental health as a workplace asset. [ONLINE] Available at: <https://www.mentalhealth.org.uk/sites/default/files/added-value-mental-health-as-a-workplace-asset-executive-summary.pdf>. [Accessed 14 May 2018]

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