

# Breathe: Employee Counselling

**Welcome to Breathe!** We are a counselling and wellbeing centre in Cardiff.

As part of our Workplace Wellbeing Partnerships, Breathe can provide a counselling service enabling all staff to access counselling support.

Counselling gives the opportunity to explore your feelings, thoughts and behaviours, which may be causing you concern and impacting your performance at work.

## To access counselling

1.



Email, call or text us for a referral form

2.



Complete and return your referral form

3.



We will be in touch to book an assessment

**We can all face challenging times in our life** which can make looking after our own wellbeing difficult. Counselling can help to support a wide range of mental health issues such as anxiety, depression, panic and OCD.

**Talking therapy can provide:**

- A safe, confidential space to talk
- The opportunity to explore your thoughts & actions
- Strategies to cope during difficult times
- Ways to challenge & manage unhelpful thoughts

**P: 029 2044 0191**  
**T: 077 8831 4975**  
**E: [hello@breathe-uk.com](mailto:hello@breathe-uk.com)**



**We'll link you with a counsellor best suited to your needs**