



CEFM

Centre for Education
& Finance Management
Personnel • Finance • Consultancy

SOMETHING ON YOUR MIND?

Life doesn't always go the way you plan,
unexpected problems or issues in your work
or home life can drag you down and make
getting through the day a struggle.
Sometimes it can help to talk to someone
who isn't involved with the situation.

To help when things are tougher than usual,
we have arranged a counselling helpline,
it is available to you or any family member who is living
with you, who needs confidential help and advice.

The qualified counsellors are available 24/7 to provide telephone
support on any matter that is upsetting you or making you anxious,
no problem is too big or too small.

This service is provided as part of our wellbeing commitment
to our employees and their families.

The helpline is entirely independent of the school.

**No feedback is given to the school, we won't even
know if you have called.**



FREE Counselling Helpline
0333 000 2082

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