

City Wellbeing Centre

Staff and employees – the City Wellbeing Centre is for you, with accessible counselling and psychotherapy for City of London firms, individuals working in the City and local residents.

City Wellbeing Centre, how we can help you

The City Wellbeing Centre provides emotional support and therapy services, particularly those that not easily available through the NHS, for people who work or live in the City and its surrounding boroughs.

<https://www.citywellbeingcentre.org>

Services are being delivered by staff from Tavistock Relationships, an internationally renowned charity with over 70 years' experience of supporting individuals and couples with mental health concerns and relationship issues.

<https://tavistockrelationships.org>

The City Wellbeing Centre building is provided by the City of London Corporation.

Who do we help?

We help people on their own, couples and families, whatever their sexuality and race or ethnicity, people with physical disabilities and across the whole age range. If we know that there is a more appropriate service that would better meet a person's needs then we help them access it.

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Online services at present

At the moment we are working online, via Zoom. We hope to be back doing face-to-face work in the City Wellbeing Centre, Middlesex Street in the autumn of 2021.



Contact us

If you work for a City business are interested in hearing more about the Centre, whether its for yourself or for your colleagues please do get in touch at <https://www.citywellbeingcentre.org> or contact sarahingram@tavistockrelationships.org for a conversation about partnership work.

020 7380 1960
[CityWellbeingCentre.org](https://www.citywellbeingcentre.org)

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City Wellbeing Centre

Corporate partnerships

We work in partnership with City firms, offering a range of bespoke services including training, consultancy and counselling.

Companies in the City support the City Wellbeing Centre in a number of ways:

- Funding places for staff members or contributing to counselling costs for staff
- Corporate social responsibility initiatives, fundraising and engagement in community projects
- Funding places on our training courses for staff CPDs programmes
- Offering 50 minute webinars on relationships and work, family life, looking after our mental and physical health, working well with colleagues, managing stress and change
- Sharing our details with their staff, introducing us to their staff and employees so people know where we are should they need us.

Tavistock Relationships' services and how we help

We know how important it is for people to be able to talk freely and in confidence to someone who has been trained to listen and to offer support but no judgements.

We have worked successfully with people in emotional turmoil for more than 70 years and have created a range of services to respond to people's needs, whatever stage of the family life cycle they are in and whether they are on their own or in a couple. We have specialist services, to help parents adjust to parenting, new relationships, work-related stress and social anxiety.

What are the issues that people want help with?

Often people come for help as they are struggling with a difficult issue that is too hard to find a way through on their own, these are often:

- **Depression**
- **Anxiety**
- **Painful and complicated relationships** with partners, wider family or at work
- **Sexual problems**
- **Self esteem**
- **Life transitions** – such as having a baby, changing careers, moving away, thinking about separating from a partner or retirement.

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