

EWS - What to Expect:



EMPLOYEE HEALTH & WELLBEING SERVICE

Occupational Health
Occupational Physiotherapy
Employee Wellbeing

Make a referral by filling in a [Self Referral Form](#)



Attend a 1 hour [Resource Appointment](#)



[Book
prescription](#)

[Self Help or
C-CBT](#)

[Wellbeing
workshop](#)

Other
organisational
resources

Brief
[counselling](#)
(up to 6
sessions)

Referral on
to specialist
services