

# Psychological Services



According to recent HSE figures, stress, depression and anxiety account for 10.4 million (38.5%) of all the days lost per year in the UK due to work-related ill health. With the average days lost per case for stress, depression or anxiety standing at 24 days, the cost of psychological ill health to organisations is huge, with work-related stress alone estimated to have cost the UK circa £6.5 billion in 2012. With presenteeism now believed to be costing organisations more than absence, the impact of mental health issues on the workplace is even larger – and the need to manage these issues effectively, even greater.

Validium provides a range of targeted assessment and treatment interventions to achieve effective rehabilitation when psychological issues such as stress, anxiety or depression affect individuals' ability to work or function effectively. Operating on a managed referral basis, these UK-wide, tailored services assist the organisation in understanding the reasons for the problems, reducing absence, enhancing performance and making decisions about difficult cases, where the support for the employee is beyond that available under a short-term, confidential EAP service.

## Case Consultation

Initial consultation for the referrer on the issues, the organisation's requirements and the most appropriate management and treatment options is available from Validium's specialist psychological services case management team.

## Psychological interventions

A wide range of psychological assessment, reporting and treatment interventions, matched to the specific needs of the referrer, the organisation and the individual is then available, including:

- Return to work services
- At work interventions (e.g. for performance, difficult behaviours, problematic relationships, change, stress, relocation and repatriation)
- Psychological assessments and reports, including:
  - Fitness for work
  - Neuro-psychological
  - Child
- Post-accident rehabilitation (e.g. industrial, RTA)
- Specialist 1:1 post-trauma rehabilitation
- Pain management – managing the impact of chronic pain
- Support with specific issues, e.g.:
  - Complex or multiple bereavements
  - Child / family issues
  - Phobia
  - Obsessive compulsive disorder
  - Myalgic encephalomyelitis (ME) / Chronic fatigue syndrome
  - Brain injury
  - Coping with a physical diagnosis or condition (e.g. Multiple Sclerosis)
  - Coping with dyslexia or learning disability

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## Validium Resources

Validium is uniquely placed to provide robust psychological interventions which achieve clear outcomes for difficult cases. The services are provided through a combination of:

-  Clinically qualified psychological case managers, with experience at management level in organisations, who liaise with referrers, select and monitor the treating clinicians and manage every case closely
-  A gradually-built, fully screened and managed UK-wide network of c1,000 psychologists and accredited CBT (Cognitive Behavioural Therapy) specialists
-  Fully accredited, employed telephone counsellors and a range of e-media interventions for light touch cases
-  Renowned trauma management services to provide robust psychological support to individuals, managers and organisations post-incident

## Outcomes

Validium's psychological services interventions always achieve an outcome and reduced costs - whether this is through a:

- **Return to work**
- **Sustained performance at work**
- **Voluntary resignation**
- **Improvement in functioning**
- **Reduction in symptoms ...or**
- **The provision of the information needed to enable the organisation to make a clear decision**



To contact the Validium Psychological Services team for a case consultation or about a potential referral please contact them via: [Psych@validium.com](mailto:Psych@validium.com)

