



GLASGOW ANXIETY & DEPRESSION
SUPPORT SERVICE

THERAPY/COUNSELLING REFERRALS & EAP SERVICES

Therapy/Counselling Referrals & EAP Services

GADSS can provide an Employee Assistance Programme (EAP) and Therapy Referrals Service to organisations wishing to provide quality therapeutic services to their employees.

We offer various services, including one-to-one CBT Therapy, Integrative Psychotherapy, Groups, Guided Self-Help, Coaching and more. In essence, all one-to-one, personal services listed on this website are available to organisations wishing to access EAP and Therapy Referral Services.

A Cognitive Behavioural Approach underlines most of the therapeutic services we offer. This approach aims to effect positive change by addressing the client's thoughts, feelings and behaviours. It is popular with health professionals and organisations given its relatively short treatment time (typically 6-10 sessions) and effectiveness in dealing with stress and anxiety, in particular. EAP and Therapy Referral Services include:

- 1 x 1hr Initial Assessment Session
- 6-10 (or+) x 1hr Therapy Sessions per client
- Case Management
- Self-Help Materials (Worksheets/Booklets)
- CORE Feedback Assessments
- Administration
- Room Hire and Central Location (safe, confidential setting)
- Further Recommendations
- Access further GADSSs services for your client at discount (10%)
- Other (as requested/required)

We help you make your employees feel valued and listened to. Being able to speak to someone out-with work and family can provide a valuable and

necessary outlet for your employees. Employees can talk through their thoughts, feelings and any issues they are experiencing. They can also explore issues, problem-solve and apply solutions to get their lives back on track.

Our price list is on the Price List page of our website. Get in touch to find out how we can help you provide a professional and caring EAP and/or Therapy Service to your organisation.