



atrium

SUPPORTING YOU

TO IMPROVE

WELLBEING

**ATRIUM
SERVICES**



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B A C K G R O U N D

Paul set up Atrium after recognising that there was little to offer lots of the patients that he saw everyday as a GP. Many were suffering from anxiety and low mood, were overwhelmed by the challenges of family and work problems, illness or bereavement, or were struggling to adjust to changed circumstances.

We know that many of you are suffering with worries and wellbeing problems that stop you living the life you want to. We support you through our group learning coaching, counselling sessions and therapy services to feel better about yourself and your life. We provide evidence-based early interventions which fit your requirements. Excellence in all wellbeing services, is our goal.



Atrium Team



We are psychologists, mental health nurses, therapists, advisers and we have our own lawyer for personal legal matters that worry our clients.

We work in partnership with HR Agencies, SME clients and we have a gateway to financial advice for money worries.

CPD accredited by
psychologists and
therapists

Stress management

Confidence and self
esteem

Loss and bereavement

Anger management

Coping with change

Facing redundancy

Worries and anxiety

Resilience

Low mood

Atrium workplace services

atrium

Psychometrics and
inventories delivered
online:

Stress inventories

25 Working styles
self-assessment
inventories with
feedback

Atrium Wellbeing
Toolkit -Survey of your
business wellbeing
combined with
confidential individual
helping interventions
for staff who need it
and an annual
report to you

01

**BITESIZE
TRAINING**

Personalised

**ATRIUM
SERVICE**

Performance

Specialist

02

**WORKPLACE
PSYCHOMETRICS**

03

**EMPLOYEE
ASSISTANCE PROGRAMME**

Advice, coaching and counselling
Free Listening service
for client setbacks
and action plan reviews
Outcome-led reports
for your business

Atrium offers personalised services delivered by a
small team who are specialists at understanding your
difficulties offering the right help at the right time.

We are available seven days per week and can offer
weekend appointments if required.

Link to Atrium clinicial services for easy access:

<https://atriumclinic.co.uk/>

**Book your appointment now for us to
help and support you!**

We are committed to working with our NHS partners, the independent and voluntary sectors, communities and families to ensure an experience of seamless care. How we support you is decided by you and based on the changes you want to make. We believe you know yourself best and will work with you to harness your strengths and move forward with the tools to deal independently with future struggles.

SERVICE OPTIONS

Paying only for what you use

01 Adhoc services

Online coaching, counselling and training for your employees.

02 Specific interventions

Total solutions for SMEs -Atrium Wellbeing Toolkit -
best of digital delivery with real expert and personalised support.

03 Integrated employee support

We assess your business needs in a consultation to co-create a programme that works for you and your staff, combining digitally delivered services with real expert face-to face online access.

We agree how to evaluate its success offering advice on what specific interventions could be helpful to achieve your goals and costing options with you.

Ready To See How We
Can Help?

Drop Us A Line And To Learn More Now

Contact Us

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