

Compassionate Support: From Listening to Action

Not all support starts with counselling - sometimes, it starts with someone who simply listens.

- ✓ Listening without judgement can be a powerful first step toward change.
- ✓ Services like Samaritans remind us that support can be immediate, human, and free of stigma.
- ✓ When we normalise help-seeking in the workplace, we foster cultures of trust, safety and compassion.

Let's break the silence. Let's listen more - and respond with care.



Scan the QR code to access guidance on compassionate listening, promoting safe conversations, and making the most of your EAP.



counselling
& advice helpline

 0800 328 1437

 employeeassistance.org.uk