

Message of Support during Covid-19 pandemic from Mark Rayner – CEO

## **Balancing Staff Safety And Our Service To You During Covid-19**

At EASE Wellbeing CIC we have tried tested and implemented a fully secure virtual face to face platform to maintain and expand our services and response to the current situation.

We are currently offering free of charge to all patients of GPs either a referral from their GP or a self-referral through our website.

We have extended this offer to include all healthcare workers, GPs, practice staff and anyone with either psychological concerns arising from the current situation or who may be experiencing struggles directly or indirectly related to this situation.

The service is entirely confidential, fully supervised and compliant with public sector services and we have contracts with some GP practices but are extending this at this time of great uncertainty as many areas of service provision, both in this and in the physical healthcare field may be restricted in their capacity to engage fully and quickly with clients.

Further to our psychological therapy service, we also offer befriending services to those who may wish just to talk in times of isolation or loneliness.

The service is based upon some simple yet fully published studies that can be viewed on the website.

We recognise the existential aspects of this situation, we describe and clarify in detail the breadth of human struggles, we utilise tools and scales that help to promote understanding, agency, empowerment and recovery and we promote principles that seek to restore or rediscover hope.

This is not a panacea but rather a methodology that is human and humane – it is about addressing distress and challenging the medicalisation of everyday life and using terms that embrace difficulty and promote ability not disability.

**Mark Rayner – CEO**

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