

21 June 2023

PCS A to Z: Counselling support service

In the A to Z of benefits of being a PCS member, C is for Counselling services.

As a PCS member if you need advice or support relating to issues in your workplace the first person you get in touch with should be your rep. You can find out who they are by [logging in to PCS Digital](#).

If PCS members feel they need specialist stress counselling or health advice they can access this for free as part of their membership.

The Health Assured telephone helpline, 0161 836 9383, is available 24-hours a day, is confidential, independent and provides counselling and emotional support on family issues, bereavement, trauma, relationship issues and stress-related conditions.

PCS members also have access to an [online health and wellbeing portal](#) which provides well-being resources, including four-week programmes, videos and webinars and access to online counselling. To receive the user name and password email benefits@pcs.org.uk

PCS: not just for problems at work

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