

GET HELP FOR EVEN BETTER WELL-BEING

- both personally and as a family

Many thrive and have a good balance between work and private life. Others can, at times, be heavily pressured by demands/changes at work - or by personal challenges at home. This can create serious discomfort, and perhaps you find yourself lacking energy/motivation and experiencing increased sick leave.

The reasons for the discomfort can be many. But regardless of whether it is work-related or private - it affects your energy and stability, also at work.

A caring offer for you as an employee

BLUME Support is a service for you, if you can relate to the situations mentioned above.

We offer a well-being program for both you as an employee and possibly your partner/family - before the discomfort develops further. An exploratory well-being conversation will identify the primary challenges - and follow-up conversations with a psychotherapist or other qualified person provide you and possibly your family with supervision and good 'self-help tools' to get back on track again.

As an employee, it can be nice to receive professional help for the challenges we face in life. And perhaps you do not want to involve your manager or HR in your private and personal life. Therefore, your workplace offers to let BLUME Support step in and provide you with the necessary help, whether your challenges are of a work-related or personal/family nature.

Full discretion

A wellbeing program at BLUME Support is held anonymously in relation to your workplace. And what happens between you and BLUME Support is under 100% full discretion.
Hopefully, this little information has made you want to say yes to a wellbeing program with us. We are here to help you.

You can read more at:
www.blumesupport.dk/book

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