



When Job or Life Become too Stressful – Counselling Service for Employees

A heavy workload, standing in for sick co-workers, news of war and catastrophes in the world, and family problems– all of these can cause stress, weigh people down and make them ill. Vebego would like to help you stay mentally healthy. That's why we offer telephone counselling sessions in collaboration with the occupational health service of TÜV Rheinland (AMD TÜV).

Social counselling with the AMD TÜV

Friday 14 April 2023
9 am – 12 pm

Thursday, 04 May 2023
9 am – 12 pm

Monday, 12 June 2023
1 pm – 4pm

Tel: +49 151 10 98 47 00

Who is the counselling service for?

The service is available to all Vebego employees who are suffering from mental strain or feel very stressed and would like to speak to someone qualified and independent.

What subjects can I discuss?

You can talk about any subject causing you mental strain. Examples are: conflicts or problems with co-workers or line managers, stress due to pressure at work or workload, stress caused by private problems, anxiety about the future.

Who runs the counselling sessions?

Vebego has tasked the occupational health service Arbeitsmedizinischen Dienst of TÜV Rheinland (AMD TÜV) with running the counselling service, and Neo Argiropoulos, a

qualified psychologist employed by AMD TÜV, will hold the consultations.

Is the consultation confidential? Will my line manager or the personnel department hear about it?

Counselling is strictly confidential. No personal information about you will be relayed to your line manager(s) or the personnel department without your express consent.

How does a consultation take place?

It takes the form of a conversation held over the telephone. Should you wish to have a video call, that, too, is possible.

In which language is the consultation held?

The telephone consultation is held in German, but you are welcome to bring someone in on

the call to translate for you.

Do I have to make an appointment in advance?

No. You simply call the telephone number above within the consulting hours. Should Neo Argiropoulos be on a consultation call, you can leave your telephone number and name, and he will call you back.

How long does the consultation take?

There is no set duration for a consultation. Neo Argiropoulos takes as much time for you as you would like.