

# News from VebeGo



## 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.

## Switch to VebeGo

# New Fleet of Cars on the Road

The hectas and Servico Groups have been identifying jointly as VebeGo since January. Now our first company cars in the VebeGo livery have been delivered to our Security Service staff. The design is modern and colourful – a real eyecatcher on Germany's roads.

What do you think of our new design? Have you actually seen one of our VebeGo cars on the road yet?



## Management in Dinslaken says “Thank You”!

Holger Feldker\*, André Dölken\*\* and Harald Uchtmann\*\*\* thank all administrative employees of Servico FM, Hago FM, Servico HDG in Dinslaken and the Hago branch in Düsseldorf with an evening at TOPGOLF in Oberhausen.

“This past year has been more than challenging and the restructuring that followed the company merger placed great demands on all of our employees,” says André Dölken. “That’s why we wanted everyone to come together in a relaxed atmosphere – to express our gratitude, share a meal, raise a glass and simply enjoy ourselves.”

The golf bays for the team of 24 were booked for a total of four hours. After an energetic two hours each on the green, everyone settled down to enjoy the meal and chat in a casual atmosphere.

\*Managing Director of VebeGo and Managing Director of Servico FM, Hago FM and HCS FM

\*\*Regional Manager West II of VebeGo and Managing Director of Servico FM

\*\*\*Managing Director of Servico HDG



### Good to Note

#### Follow VebeGo Deutschland on Instagram and Facebook and do a Good Deed

Have you seen our new social media channels yet? Since January, the Servico and hectas Groups have a shared presence as VebeGo Deutschland on Instagram, Facebook and LinkedIn.

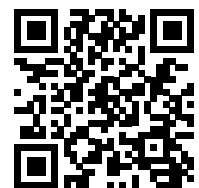
#### Prize Competitions and News

Follow us and make sure not to miss any VebeGo news in future. On Facebook and Instagram, we bring you stories from your region and workplaces and introduce co-workers from all over Germany. What’s more, there are regular exciting prize competitions for you to take part in.

#### For Every New Follower, Five Euros Go to SOS Children’s Villages

Follow us now and do good at the same time: for every new follower on Facebook and Instagram in the period from 13 March to 9 April 2023, we will be donating five euros to SOS Children’s Villages.

The QR code takes you to our social media profiles:



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