

To contact iChaplaincy:

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or post:

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This information leaflet gives an overview of what **iChaplaincy** is and what to do if you would like to link with us or advertise our service on your company intranet.

What is iChaplaincy?

iChaplaincy offers a listening ear,
in confidence,
to all people,
whatever their beliefs,

via e-mail.

If people are having difficulties at work or home, caused possibly by stress, work/life balance or bereavement and would rather contact someone anonymously, they can e-mail an iChaplain.

[iChaplaincy](#) is an online initiative funded by the Church of England, (Diocese of Southwell and Nottingham) to provide support via e-mail.

[iChaplaincy](#) has evolved from the support already offered to businesses in Nottingham through the Workplace Chaplaincy Team.

The roles of both workplace chaplain and [iChaplain](#) are to complement a firm's human resources department and counselling and welfare provision, where they exist, or to provide a listening space where there are no other facilities. The [iChaplain](#) merely offers this support via e-mail rather than physical presence.

These are some of the typical issues we can help people with in their workplaces:

- ✦ bereavement
- ✦ health concerns
- ✦ relationship issues
- ✦ loneliness
- ✦ stress
- ✦ redundancy
- ✦ managing change
- ✦ work/life balance

Whilst employees would usually wait until the workplace chaplain is on the premises, the [iChaplain](#) can be contacted at any time, via e-mail, if employees need someone to offer: experience, time, a listening ear, practical advice at times of change.

[iChaplaincy](#) evolved following requests to the workplace chaplain to engage in e-mail conversations. Some people found that it was not easy to find the time at work to have a face-to-face conversation or their particular working circumstances just didn't suit that mode of communication.

[iChaplaincy](#) also offers the anonymity some people prefer. The [iChaplain](#) can also be contacted from an employee's own home computer, in their own time. Contact doesn't have to take place at work.

What [iChaplaincy](#) is not:

We are not professionally trained counsellors however, we can recommend professional counselling support if needed.

[iChaplaincy](#) does not report back to workplaces. It is a completely confidential service just as a conversation with a Church of England minister would be.

Although a Church of England initiative, it is not an attempt to influence anyone's religious beliefs and it is open to people of other faiths or none.

How to access [iChaplaincy](#):

[iChaplaincy](#) has a dedicated website and some firm's are opting to advertise us on their company's intranet site, while others put a link from their site to ours. We would welcome a conversation with you, as to what would suit your particular business needs.

This service is **free** of charge however for those businesses that opt to contribute financially, we can offer to advertise their company logo on our supporter's page.