



# SupportIn

Practical support  
for Psychological  
& Social Issues

ISO 9001  
BUREAU VERITAS  
Certification



In our everyday life, we face Socio-Psychological challenges demanding immediate resolution as well as our undivided attention. Unfortunately either driven by fear of embarrassment or due to the absence/lack of supporting tools, we feel isolated, abandoned and the initial challenge is becoming more complex and difficult to co-exist with.

SupportIn is providing a simple, practical and comprehensive support to Socio-Psychological issues by eliminating the “stigmatization fear” of the individual in need. Hence it allows the individuals to obtain, easy to understand, step by step map on how they can help themselves and in addition provide them with the opportunity to seek further assistance.

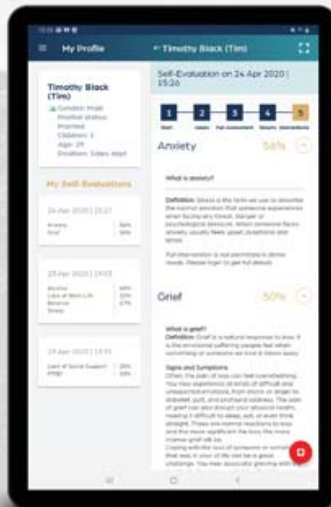
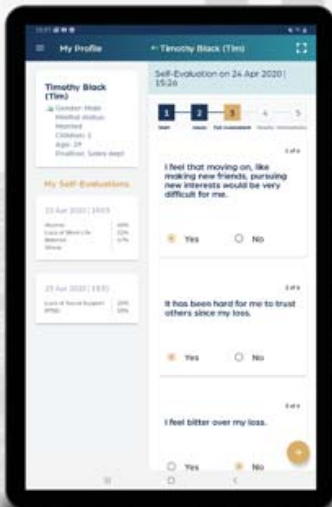
The goal of SupportIn is, just as the name signifies, to provide initial support instantly. Its goal is not to replace helplines or mental health professionals. It is to provide an initial guide map so the person can assist oneself and, if required, to guide him/her towards seeking further assistance.



ASCOT  
is the trusted partner  
to prominent organizations;  
provides the necessary tools and  
services in order to ensure long-term  
employee retention, sustainability and safety.

# SupportIN is your confidential, easy-to-use, practical support advisor for 14 issues:

- Conflict at Work
- Depression
- Bullying
- Work-Related Stress
- Grief
- Post-Traumatic Stress Disorder (PTSD)
- Stress
- Hopelessness
- Anxiety
- Phobia
- Lack of Work-Life Balance
- Lack of Social Support
- Alcohol
- Anger





# SupportIN



ASCOT Consulting  
Socratus 151  
Kallithea 17673  
Greece

[info@ascot-consulting.net](mailto:info@ascot-consulting.net)  
[www.ascot-consulting.net](http://www.ascot-consulting.net)