

EMPLOYEE ASSISTANCE PROGRAMME

Support your employees through life's challenges to boost their **health** and **wellbeing**.



Confidential support from accredited counsellors



Accessible nationwide anytime, anywhere



24/7 telephone helpline



Phone and **face-to-face counselling** available



Online portal with **self-help workbooks**



Support covers a range of **emotional and financial areas** including:
stress, anxiety, bereavement, family, debt and legal issues



Regular reporting available to view usage info

HOW IT WORKS



Contact

The employee calls the provider and shares information to allow the counsellor to assess the type of support needed.



Assessment

The counsellor passes the employee to a relevant advisor who carries out an in-depth assessment. Following this, a referral is made within 24 hours for counselling (via phone or face-to-face).



Support

Ongoing counselling support is provided over the phone or face-to-face.

In partnership with