

Employee Assistance Program



Categories

Financial & Legal

Child Care

Critical Cases

Elders

Pregnancy



Some of the areas covered :

Work life Balance

Loss/Depression

Relationship

Stress Management

Family Support

Management Skills

Alcohol and Drug Abuse

Features

Group Counselling sessions

24*7 service online counselling services

Unlimited sessions during the tenure of the service

Specialists with minimum 5 years of experience

Webinars on Emotional & Social wellbeing

Suicide prevention protocol

Every session is personalized, private & confidential

Outbound calls/ follow ups on critical cases

Weekly engagements drive

Anonymity is maintained

Benefits

MEMBER

- ✓ Personalised counselling sessions
- ✓ Identify the root cause and work on healing techniques
- ✓ Access to specialists in time of need
- ✓ Unlimited session with specialists
- ✓ Can openly discuss with specialists online on their problems, without the , fear of someone watching

CORPORATE

- ✓ Retaining employees
- ✓ Enhance work efficiency and reduce untoward leaves
- ✓ Creating a motivational environment
- ✓ Providing a support system at the workplace

Offerings

PLAN A

- ✓ **24*7 Helpline Number**
- ✓ **Customised session by a Psychologist at the time of Orientation (Program Launch)**
- ✓ **Monthly mailers**
- ✓ **Monthly Engagement includes :**
 - Week 1 : Survey on Employees Mood /Mental Health**
 - Week 2 : Health Tips**
 - Week 3 : Articles**
 - Week 4 : Live Webinar**
- ✓ **In Addition (as and when we receive offer from our partners): Offers on Spa, HC, Meds, Consultation o etc.**
- ✓ **Suicide Prevention Protocols and Managerial Referrals**

PLAN B

- ✓ **24*7 Helpline Number**
- ✓ **Customised session by a Psychologist at the time of Orientation (Program Launch)**
- ✓ **Monthly Engagement includes :**
 - Week 1 :Survey on Employees Mood /Mental Health**
 - Week 2 : Health Tips**
 - Week 3 : Articles**
 - Week 4 : Live Webinar**
- ✓ **In Addition (as and when we receive offer from our partners): Offers on Spa, HC, Meds, Consultation etc.**
- ✓ **Suicide Prevention Protocols and Managerial Referrals**
- ✓ **Group Session once a quarter (programs such as smoking cessation program, Parenting, Safe space etc.(subject to the number of registrations)**
- ✓ **Dedicated Counsellor online for 2 days in a month for 3 hours (Virtual counselling sessions, strictly on first come basis)**
- ✓ **Outbound/ follow up calls on critical and cases that need attention**
- ✓ **Monthly access to Live webinar**

Thanks

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