



Do you have an Employee Assistance Program?

Support your team by providing them with access to a confidential and effective solution-focused counselling service. An Employee Assistance Program (EAP) is a voluntary service that all employees, at all levels, can access, who have personal concerns that affect their personal well-being and/or work performance. This is a short-term, problem-solving service and often only a few sessions are required. If longer term help is required, an EAP Counsellor can help to facilitate a referral to the appropriate service, including financial support services.

In association with The Proven Group, MyY would love to partner with you to provide Employee Assistance Program (EAP) services that are tailored to the unique needs of your business, workplace and employees.

It is important for your organisation to have the right supports in place to address the mental health and wellbeing needs of your employees. MyY is qualified and experienced to assist you in providing quality EAP Counselling services across your business.

We provide:

- confidential support
- professional, individualised services
- current, relevant information
- in person and remote appointments via Zoom, Teams, Skype or Telephone

We assist with:

- personal and/or work-related stress, issues, concerns or challenges
- changes to work, life or career
- communication issues, breakdowns and/or tension
- work/life balance
- relationship issues
- family concerns
- grief and loss
- change related to Covid-19 restrictions and lockdowns

Sessions:

- 1 hour sessions
- recommended number of EAP sessions per employee - 4-6
- business invoiced for session/s and payment of fees via direct debit
- provided by accredited, qualified Counsellors



MyY in partnership with The Proven Group

The Proven group
Great people Better results