



WORKPLACE WELLNESS MATTERS

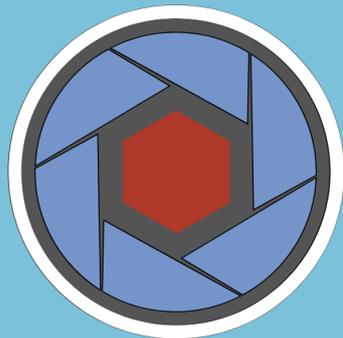
According to Safe Work Australia, 92% of serious work-related mental health condition claims were attributed to mental stress.

And a recent Head's Up report revealed that 91% of Australian employees believe mentally healthy workplaces are important, but only 52% of Australian employees believe their workplace is mentally healthy.

Regardless of whether mental stress is related to work or personal issues, an

Employee Assistance Program (EAP) can provide the critical support that employees may need to proactively address their mental stress before it escalates.

An EAP is a workplace wellness resource that is offered by the employer but facilitated by an independent provider. The EAP is designed to confidentially assist employees with a range of issues in a variety of ways.



+ EMPLOYEE ASSISTANCE PROGRAMS

WorkPlacePLUS offers a holistic, fully integrated EAP incorporating mental, emotional and physical health education. Our EAP's are positioned to deliver innovative, best practice and proactive solutions.

- Engaging self-help material
- A range of counselling approaches: Short-Term Solution Focused, Positive Psychology & Cognitive Behavioural Therapy
- Knowledge, research and tangible solutions so our clients can make sustainable choices that support their long term wellbeing

Our service delivery model takes into account the four areas of wellness:

📍 Psychological Health
📍 Physical Health
📍 Lifestyle
📍 Working Environment

“Australian employees expect mental health support in the workplace environment, but many are not aware of, or are unable to access appropriate resources.”

+ Heads Up / Beyond Blue

The State of Workplace Mental Health in Australia



+ EMPLOYEE ASSISTANCE FOR YOUR STAFF

Put a WorkPlacePLUS Employee Assistance Program in place to support staff who may be experiencing stress, emotional challenges or personal issues.

Your staff will be able to access Employee Assistance by voluntary self-referral or manager referral. They will then receive confidential, short-term solutions-focused support.

The Employee Assistance Program is provided to your employees independently by WorkPlacePLUS. Sessions are completely confidential and employees do not get charged for the service.

+ PROFESSIONAL SUPPORT FOR A RANGE OF ISSUES

WorkPlacePLUS counsellors and consultants have extensive experience, including but not limited to these areas:

Organisational change

Redundancy

Emotional stress

Mental health issues

Addictions (drug, alcohol, gambling)

Workplace conflict

Grief / loss / bereavement

Managing difficult behaviours (work or home)

Relationship / LGBTQ / family issues

Motivational / confidence issues

Career support and planning

Resilience and mindfulness strategies

Critical work incidents

Stress management

Caregiver stress

+ ABOUT CONNIE JUROSS

LEAD CONSULTANT, WorkPlacePLUS Employee Assistance Programs

WorkPlacePLUS EAP's are facilitated by Connie Juross, an organisational consultant trained in social work, with 20+ years' experience delivering counselling, coaching and training services to the health, private, public, and NGO sectors, including culturally diverse organisations.

Connie is passionate about workplace health and wellbeing. She brings an energetic and engaging style to her work, providing support and practical strategies to individuals, managers and teams.

For more information, please **+ Email** Info@WorkPlacePLUS.com.au
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