



eapservices

altogether better with habit health



EAP Services For Principals & Managers

We are the leading provider of world-class, fully integrated, client focused well-being services in Aotearoa.

- Psychology
- Counselling
- Occupational Health
- Physiotherapy
- Fitness
- ACC/MSD Contracts
- 100+ Locations nationally
- 800+ Staff nationally

Why be concerned about staff wellbeing?

- The work- life balance of staff effects your organisation
- When staff are happy, they are more productive
- There's a measurable Return on Investment*.



Our services are:



- Provided by Fully Qualified Counsellors who are aligned with Professional Associations
- Providing support for personal as well as work related issues
- Fully funded by the Employer
- Confidential, Private and Non-Judgemental
- Available to family / Whānau

About your EAP

We're your partners in staff wellbeing. We provide brief focused intervention therapy which is solution focused and aimed at independent functioning, this includes

- A range of programmes for different issues
- Provision of practical strategies and coping tools
- Promotion of education and self learning
- Early intervention based care as early support produces better results.



Signs that your team could benefit from EAP:



Core services

New Services

- Nutritional Support - advice and education around nutrition provided by a registered Dietician
- Fitness Coaching - support around physical activity provided by a Rehab Coach or PT
- Sleep and Fatigue Health Coaching - support for healthy sleep and coping with fatigue provided by a Nurse

Counselling Professionals

- Stress and pressure – personal or work
- Depression and anxiety
- Workplace issues and changes
- Bullying and harassment support
- Anger and conflict issues
- Relationship and family matters
- Grief and loss
- Life transition and personal development
- Health and wellbeing

Financial Guidance

- Budgeting
- Buying a home
- Preparing for redundancy
- Investments/KiwiSaver
- Preparing for retirement
- Managing debt

Careers Guidance

- Coaching
- Communication skills
- Managing change
- Role expectations
- Retirement
- Career direction

Legal Guidance

- Legal personal matters
- Adoption or custody
- Marriage/civil union
- Tax guidance
- Buying/selling a house
- Separation

Programmes

Manager Assist

Get guidance and advice on tricky situations

Manager referrals

These are a partnership
Commonly for performance improvement
Health and Safety at Work Act obligations
Satisfies the Privacy Act

Learning & development

eLearning tailored to the needs of your organisation
Webinars with speakers and Q&A sessions
In-person or virtual
Learning modules attached to seminars

Onsite support for non-critical incidents

Change Management
Restructuring
Post traumatic incident support

Critical Incident

Onsite support for traumatic incidents

Welfare Checks

Immediate phone response at the request of a manager

Other services

Conflict Resolution
Mediation
Career transition
Coaching
Professional Supervision

Support delivery



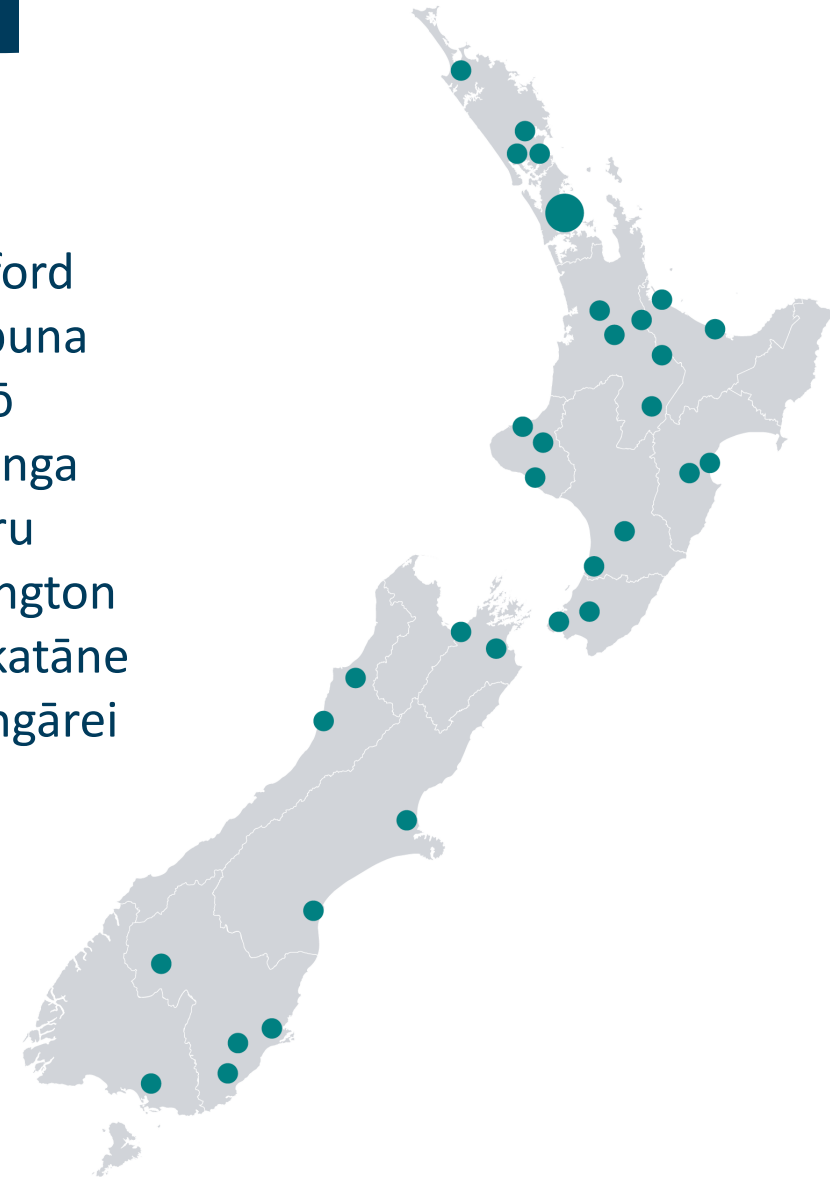
In-person

By phone

Online

EAP locations

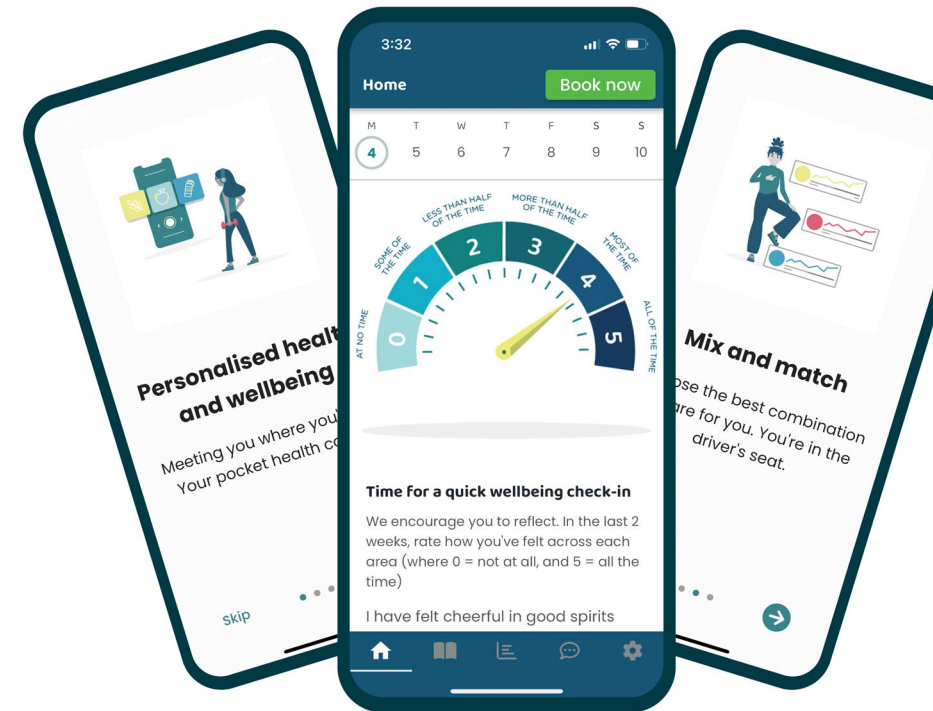
- Auckland CBD
- Balclutha
- Blenheim
- Buller
- Cambridge
- Christchurch
- Clutha
- Dunedin
- Greymouth
- Hamilton
- Hastings
- Hāwera
- Henderson
- Invercargill
- Kaitiaia
- Kerikeri
- Lower Hutt
- Mangawhai
- Manukau
- Matamata
- Napier
- Nelson
- New Plymouth
- Palmerston North
- Queenstown
- Rotorua
- Stratford
- Takapuna
- Taupō
- Tauranga
- Timaru
- Wellington
- Whakatāne
- Whangārei



New app – coming Nov 23

habithealth+ a new app designed to be your ‘pocket health coach’. habithealth+ enables you to prioritise your wellbeing by giving you the tools to make healthier choices. The app is easy to set up and provides ongoing advice and support. With habithealth+ you can:

- Manage your health on the move
- Customise notifications to boost motivation
- Manage regular check-ins
- Book in with a wide range of EAP professionals
- Access support and advice
- Integrate your device to access insights about your wellbeing



Learning & development

Webinars – Presentations by a Counsellor or Psychologist on a wide range of health and wellbeing topics.

Newsletters – Easy to read information to help you with day to day coping strategies.

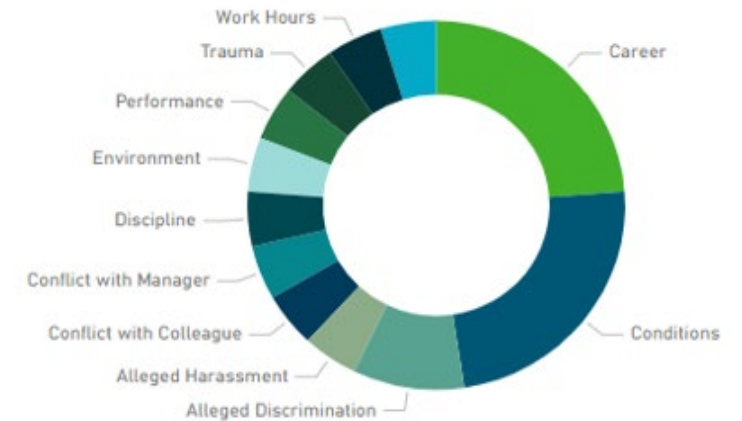
Group Training Sessions – Either in person or virtual, our team can work with your team on current workplace issues.



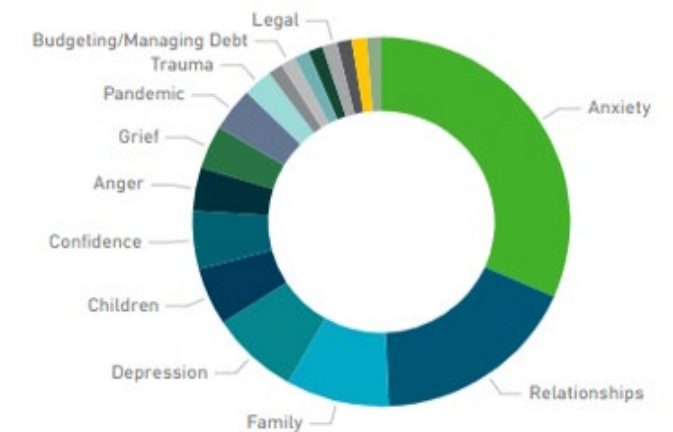
Employee sessions are confidential

All information remains confidential in accordance with the Privacy Act and Health Information Act. However, you will receive real time general trend data regarding the organisation to help you manage the overall wellbeing of the team.

Work Issues



Personal Issues



Assurance & feedback



EAP ‘Best Fit’ Assurance

The EAP Services ‘Best Fit’ Assurance means that if you don’t connect with your counsellor/professional in the first session we will find you another professional for you next session.

Cancellation Policy

If you are unable to make your appointment, please let us know at least 24 hours in advance. If this is not possible or insufficient notice has been given and the appointment was not attended, then the fee for late notice is the contracted sessional rate.

Feedback

We are committed to quality. If you have a concern or would like to provide feedback, you can call 0800 327 669. Alternatively, you can complete an anonymous survey via the contact section of our website.

Contacts

Phone: 0800 327 669

Web: www.eap services.co.nz

App: habithealth+ Mobile App

