
EAP

HEALTH HUB

VANESSA COSTELLO
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Your Workplace Health Passport

HIGHLY CONFIDENTIAL



consultants
employee relationship management

We Provide employees' access to services and support to assist with mental health, conflict, requirements, financial issues, and other such support that could prevent them for working successfully.

Personal Problems

Personal problems can adversely affect and impact work performance.

What is EAP anyway?

As an employer, you have a duty to provide a safe of employment with safe systems of operation and to ensure as far a reasonably practicable to look asset in their wellbeing. Your Companies success could depend on it.

Because when your employees are happier and healthier, they work harder, get better results, and there's a more pleasant atmosphere in your workplace.

You may have experienced that before, or it may be a goal of yours to achieve it one day. Health Assured gives you the tools to get there...

Under pressure **staff**, equal under pressure **business**

A disgruntled employee is not only a risk to their safety and that of others, there is always the risk of litigation. ESA who have served thousands of Employers over the past 21 years is very familiar with the consequences of late or no intervention. Defending employer, who provide the best equipment, best facilities and excellent staff are shocked when seated before the WRC or Labour Court to learn of the animosity that took place in their company. It is not unusual to drill down on these claim to discover the stress and anxiety is often not work related or at least not at eh outset.

Modern life is becoming much more instant and convenient in so many ways. But that doesn't mean it's getting any easier. In fact, the opposite seems to be true.

Today, people feel under immense pressure both inside and outside of work. And most of the counselling sessions we hold with employees are for those struggling with their mental health—a staggering **36%** of total calls we received related to the following.

The Five most common issues break down as follows:

Anxiety:	16%
Work-related stress:	14%
Partner issues:	9%
Bereavement:	7%
Depression:	7%

It's clear: if your employees have a depleted sense of wellbeing, it's going to affect their work. And that affects your bottom line. The moral of others and can end up in Court.

But the best employers work to put that right...

So researching this we need to look at the model which reflects:-

1. The organisation
2. Employee Needs
3. Size of company
4. Size and Diversity of Client Population
5. Employee Needs
6. Number and location of sites
7. Budget and existing internal resources
8. Accessible EAP.

This is a huge part of what ESA need to examine.

When employee have no idea what to do or were to go, they find an escape, someone or thing to blame as the Human Mind is in capable of holding its self the problem, to do so leads to a mental breakdown, so it's easy to blame something or someone for your situation. The best of employer also struggle, call a Solicitor, their Accountant, look to terminate the contract, berry the head and hope. However Albert Einstein wrote, *"A happy man is too satisfied with the present to dwell too much on the future"*.

ESA's EAP program aims to change the mind set and calls upon a reliable team of experts assist. Remember our moto: "If you blame others for missing out, you're missing out the important thing. YOU.

(I commit Programme) 6 weeks programme to improve physical and mental health. – Psychologists, Dietitians, Nutritionists, Solicitor, (our Shelley!) Financial Expert.

Commit to:-

Being more positive

Becoming less stressed

Improving financial wellbeing.

Completing a workshop that is well constructed and highly engaging, innovative approach to employee health and wellness.

Stress/Anxiety

Counselling



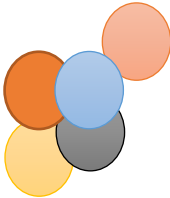
Work absence



Legal information



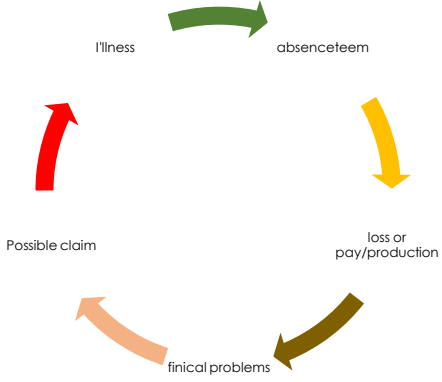
Family and Friends



Gamblin



Alcohol & Drugs



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