

## Employee Wellbeing

Confidential professional and personal support



In our increasingly fast-paced world, it can be challenging to take care of yourself while balancing responsibilities at work with obligations at home. Employee Wellbeing Support is a confidential support service that can help you work through a wide range of problems and challenges in your lives.

### Employee Wellbeing can help you:

- Strengthen relationships
- Improve communication
- Deal with stress, anxiety and depression
- Resolve personal and emotional difficulties
- Address relationship difficulties
- Understand grief and loss
- Find solutions for workplace issues and changes
- Work towards life and professional goals
- Bullying and harassment support
- Anger and conflict issues
- Career planning

### Employee Wellbeing services:

- Designed to provide support and consultation
- Assistance in meeting challenges and resolving work/life issues
- Short-term, solution-focused counselling and consulting services
- Services offered away from the workplace with total confidentiality

Our qualified counsellors are here to help you work to a positive solution.

*"Inspiring and nurturing positive health and well-being within our workforce is important to our organisation. The Everest Employee Well-being Support service provided us with peace of mind knowing if our employees needed additional support they were able to access a timely, confidential service with qualified counsellors and coaches, to help them work through any challenges they may be facing."*

*Angela O'Connor, Administration Manager, Camco.*