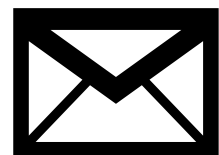


Employee Assistance Programme

Liberty Counselling Services



The Benefits of
Having an EAP





What is an EAP?

Your EAP is a counselling service that provides employees and dependent family members assistance in resolving a broad range of personal concerns that can negatively impact personal well-being or job performance.

What is Counselling?

Counselling is a talking therapy that involves a trained therapist listening to you and helping you find ways to deal with emotional issues.

Benefits of an EAP

- Reduce levels of absenteeism
- Employee Retention
- Conflict resolution support
- Demonstration of duty of care to employees
- Increase well-being & motivation for staff leading to greater productivity & efficiency for the business
- Increase job satisfaction, employee commitment & engagement, leading to a happier workforce overall
- An opportunity to support a team or individual through a difficult period
- Provide a confidential support resource for management
- Manage & combat harassment & bullying

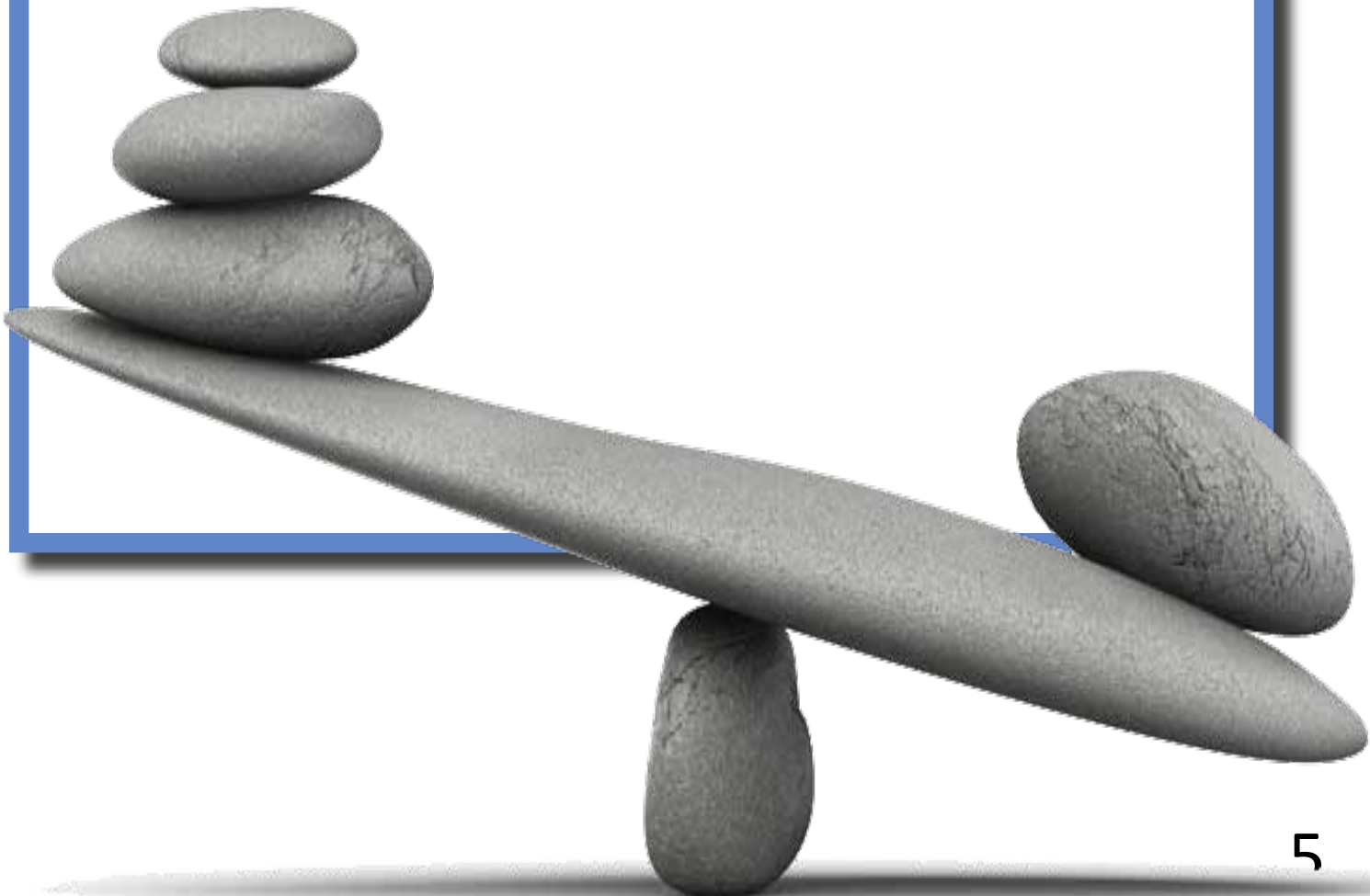
Employee Assistance Programme Package

- 24/7 Crisis Line
- Call Back Service
- Face to Face Counselling
- VOIP Counselling
- Phone Counselling
- 6 Counselling Sessions per Employee, extended Spouse/Partner & Dependents within the same Household
- First Appointment within 72 Hours
- Crisis Appointment within 18 hours
- Referral Support to Professional Clinical Providers



EAP Benefits

- Reduce Anxiety & Depression
- Reduce levels of Absenteeism
- Talking with a professional is recognised as a positive opportunity for personal growth and can also be attributed to improvements in general health
- The success of a company or organisation can greatly depend on the well-being and attitudes of the individuals it employs



Company EAP:

- Contracted Annually
- Provides 6 x 1 Hour Sessions
- Counselling for Employees & Immediate Family Members
- English & Spanish Speaking Therapists

“The secret of change is to focus all your energy, not on fighting the old, but building the new.” - Socrates

With Liberty Counselling Services



The EAP Programme is a resource for guidance and support.



It is voluntary, free and confidential



Employees can speak with a personal counsellor about anything on their mind



Employees may be self-referred or referred by a supervisor



Their spouse/partner, and their dependents are included in the programme

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