



Family support

EAP

• EAP (Employee Assistance Program) is a service that helps employees deal with personal and work-related issues. It is often provided by employers and can include counseling, coaching, and referrals to other services.

• EAP services are typically available to all employees, regardless of their position or tenure. Some employers may also offer EAP services to family members of employees. EAP services are often confidential and can be accessed through a variety of channels, including phone, email, and in-person counseling.

Counselling

- One-to-one counseling is a confidential service that helps employees deal with personal and work-related issues. It is often provided by employers and can include counseling, coaching, and referrals to other services.
- Group counseling is a service that helps employees deal with personal and work-related issues. It is often provided by employers and can include counseling, coaching, and referrals to other services.
- Family counseling is a service that helps employees deal with personal and work-related issues. It is often provided by employers and can include counseling, coaching, and referrals to other services.
- Career counseling is a service that helps employees deal with personal and work-related issues. It is often provided by employers and can include counseling, coaching, and referrals to other services.
- Wellness counseling is a service that helps employees deal with personal and work-related issues. It is often provided by employers and can include counseling, coaching, and referrals to other services.



