



# Employee

WELLNESS  
PROGRAMME

**PROCARE**

together we make a difference

Psycho-social services (Est. 1995)

## Reach new heights

Introduce our Employee Wellness Programme at your work place



We provide a  
tailor made  
fee-for-service  
based  
Employee Wellness  
Programme (EWP)  
to suit your needs

- Increase productivity
- Improve team dynamics
- Enhance staff morale
- Decrease absenteeism
- Reduce staff turnover

# PAY AS YOU GO SERVICES

Purchase a service bundle which includes basic EWP services



## Counselling and Assessments

Individual counselling is provided on or off site. Assessments are done to determine the needs of employees and to identify and assist employees at risk.



## Manager Training and support

Training for managers to equip them with skills to manage employees at risk and to utilise the EWP.



## Life skill programmes for employees

Group sessions aimed at empowering employees to deal with issues such as stress, trauma, financial wellness, substance dependency, HIV/AIDS.



## Wellness promotion

Promote employee wellness by creating awareness of Employee Wellness issues. This can include wellness days, the distribution of informational brochures, posters, hand-outs etc.



## Service Management

Monitoring and evaluation of the EWP service, this includes monthly and annual reports with statistical data, regular feedback and the drafting of EWP policies & procedures.

# TOP UP SERVICES

Top up your basic EWP services



## HIV/AIDS workplace programmes

Prevention, awareness, counselling and support



## O.D.E.Y. PROGRAMME

Our ODEY Programme (Overcome Dependency Empower Yourself) is a programme designed to help employees and their family members to overcome substance dependency and addictive behaviour (e.g. alcohol, drugs).



## Emergency Helpline

This service offers telephonic assistance and information to employees.



## Crisis intervention & Trauma debriefing

Quick response or after hour services in the event of a traumatic incident



Your ticket to emotional health

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