



Here for you

Description

Did you know you have access to free 24-hour confidential support through our Employee Assistance Programme (EAP)?

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Our EAP offers you professional guidance on various aspects of your life, including:

- Stress
- Work
- Family matters
- Financial advice
- Trauma
- Change

- Relationships
- HIV/Aids
- Maternity support
- Substance abuse
- Legal advice

Telephone Counselling

Your AfroCentric Employee Wellness Programme counsellors can help you reach a decision, try a new approach or to sort through confused feelings. Please make a call early rather than allowing your concerns to grow. If you wish, you can speak to the same counsellor for ongoing unlimited support.

Face-to-Face Counselling

Further to the telephonic support, we can arrange a face-to-face discussion with a counsellor in a location and at a time that is convenient for you. Your AfroCentric Employee Wellness Programme provides you with professional short-term counselling. If you need longer term help, your counsellor will refer you to an external specialist.

LifeManagement™ Services

LifeManagement™ offers guidance on issues such as financial management, legal advice and family care. If issues such as prenatal care, adoption, parenting, eldercare, divorce, debt or retirement are causing concern, LifeManagement™ consultants are available to help. They provide you advice on debt management, financial planning and childcare resources that would help you better plan and control your life.

Online Wellness

You have access to a digital portal, available on mobile and desktop, designed to assist employees and their families to easily access personalised and confidential expert support. It provides 24/7 expert counselling and support via live chat and call, an extensive library of wellness information, wellness assessments and FAQs about all available services.

Trauma Counselling

Trauma Counselling is available to you and your family for situations such as being involved in a violent event or witnessing a death, even if these situations happen outside of work.

Maternity Support

The aim is to provide advice on best practice antenatal care and to ensure a healthy pregnancy for both mother and foetus during the antenatal period and similarly in the postnatal period by providing health education.

Confidentiality

The primary priority of the Employee Wellness Programme is confidentiality. No personal information or dependant situation will be collected.

Your AfroCentric Employee Wellness Programme maintains confidentiality with the client in the following areas:

- ▶ Threats of physical harm
- ▶ Suspected child abuse
- ▶ Fraud
- ▶ Espionage/sabotage



Category

1. Our Wellness