



CORPORATE EMPLOYEE WELLNESS



DEDICATED

Mindcare Treatment Centre, founded by clinical psychologist Victoria Joseph offers comprehensive mental health services that meet the specific needs of our respective clients. Our employee-assisted programs EAPS are designed to assist employers alleviate workplace challenges that undermine, individual work performance, business productivity and customer satisfaction.



Services Offered

Employees have 24/7 access to effective and easily accessible channels. Psychotherapy is available through a dedicated team of professional psychologist and counselors both virtual and physical. In addition, employees have access to self-guided on demand sessions and a customized dashboard, based on individual unique needs. Training in soft skills like communication skills and problem solving is also available.

Benefits to Employers

Wellness programs can benefit employers by:

- Lowering health care costs
- Reducing absenteeism
- Achieving higher employee productivity
- Reducing workers' turnovers
- Improving employee morale and loyalty
- Help retain top performers

EMPLOYEE Well-being Indicators

Emotional

Physical

Social

Financial

Solutions

We support employees on work related and personal issues such as:

- Personal Development
- Problem Solving And Communication Skills
- Mental Health
- Substance Abuse,
- Marital Problems, Emotional Intelligence
- Parenting Issues,
- Financial Troubles,
- Health And Lifestyle Concerns.



Evaluating Success

We continuously monitor and evaluate the effectiveness of our wellness program to measure if we are meeting both employees and employers' expectations. This achieved through and integrated assessment model based on

- Absenteeism
- Presenteeism
- Participation and engagement
- Life work balance
- Workplace distress
- Program completion rates



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