

ENHANCE YOUR WORKFORCE & ENCOURAGE STAFF RETENTION

sacs
Singapore Anglican
Community Services

Supported by:
NCSS
National Council
of Social Service



Thank you for journeying with SACS as we serve the disadvantaged to restore their dignity and well-being in the workplace.

Key findings from the Institute of Mental Health 2011 Study show that depression, alcohol abuse and obsessive compulsive disorder are the top three disorders, but the majority of people with mental health issues are not seeking help, and this is affecting not just people but workplace productivity.

Stress at home and workplace anxiety are growing concerns as Singapore remains the world's most expensive city and the economy continues to find its ground.

In partnership with the National Council of Social Services, we have launched our first **Employee Assistance Programme (EAP+)** to address an employee's emotional wellness.

EAP+ provides psychological support via face-to-face counselling, email and a hotline. The programme also provides training and workshops to equip employers and HR personnel with the skills to help colleagues better adjust.

For a limited time, SACS will offer EAP+ as a six-month complimentary service. Please contact us now at 6812 9605 or email EAP@sacs.org.sg to find out more.