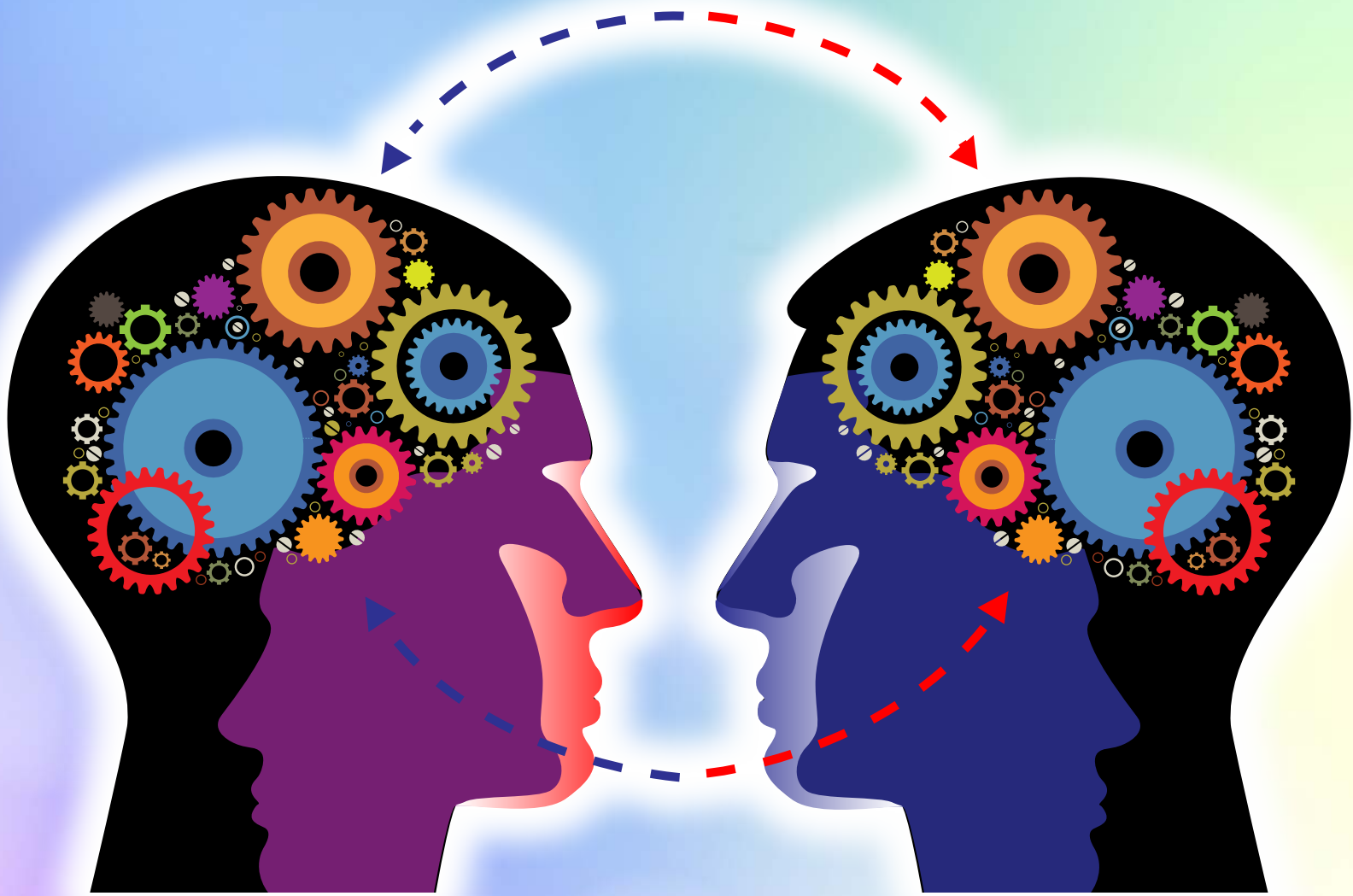


DOES EMPLOYEE CARE AND WELL-BEING MATTER?



Mental health issues can impair some level of our daily functional needs.

A good understanding of its impact on our physical health and relationships is key to improving our quality of life.

However, many companies have yet to put in place an employee care program to support the emotional and psychological wellness of their employees.

TOP 3 MENTAL HEALTH CHALLENGES

- | | | |
|--|---|--|
| 1 Mood Disorder (1 in 16) <ul style="list-style-type: none">• Major Depression• Bipolar | 2 Anxiety Disorder (1 in 24) <ul style="list-style-type: none">• Obsessive Compulsion• Generalised Anxiety | 3 Alcohol (1 in 28) <ul style="list-style-type: none">• Alcohol Abuse• Alcohol Dependence |
|--|---|--|



2016 nationwide study shows 1 in 7 people has experienced a mental disorder in their lifetime.

SADLY, 78.4% DO NOT SEEK PROFESSIONAL HELP

Employers who have used our EAP+ service say

In the fast-paced F&B industry, environmental factors often contribute to a higher level of stress, tension and conflicts. Working with SACS provides an avenue for the employees to voice out, as some issues are at times sensitive, involving their colleagues and supervisors.

Having EAP+ in place provides our employees access to professional help early, thus preventing ill mental health which can impair the individual's work performance, affect teams and impact organisational costs.

EAP+ links me to a caregiver support group. My family members now have good handles to better care and support our loved ones.

Employees who have used our EAP+ service say

I enjoyed the Wellness Approach Support Program, where I met new friends who understand my situation.

After attending the Stress Management workshop, I finally realised what went wrong with me.

I feel comfortable to share my deeper struggles, as it has been a challenge for me to open up in the past. Trust had been a barrier for me to seek help sooner.

Employee Assistance Program (EAP+) for Individual and Organisational Emotional Health

To find out how you may include our **EAP+** services as a response to **EMPLOYEE CARE**, call us at **6812 9616** or **6812 9605** or email us at **eap@sacs.org.sg**

