



WATKINS
THERAPY
GROUP

EAP COUNSELLING AUSTRALIA WIDE



Supporting you. Supporting your team.

Counselling | EAP

www.watkinstherapgroup.com.au

Watkins Therapy Group - Employee Assistance Program

At Watkins Therapy Group (WTG), we provide a diverse team of counsellors across Australia, offering various therapeutic approaches for online and in-person counselling sessions.

We firmly believe that your geographical location should not hinder your access to the counsellor of your choice. That's why all our counsellors offer online and telephone counselling services, with some also available for face-to-face or on-site sessions. Our counsellors are all fully registered, and insured, and uphold the highest standards of quality and client care.

This is no different for our EAP clients.

This information packet will provide you with an overview of what WTG provides it's EAP clients. If you would like to know more please give us a call or email and we will arrange a time to discuss your companies needs.

GET IN TOUCH

(03) 8765 2477

admin@watkinstherapygroup.com.au

www.watkinstherapygroup.com.au

Head Office
435 Nepean Highway
Frankston, Vic, 3199



WATKINS
THERAPY
GROUP

ABN 37 826 814 954

Watkins Therapy Group Employee Assistance Program (WTG EAP)

At Watkins Therapy Group (WTG), we prioritise the well-being of your employees and their families. Our private Employee Assistance Program (EAP) is designed to provide professional, solution-focused counselling and performance coaching to address both workplace and personal concerns. By resolving issues before they impact work performance and general well-being, we help create a more productive and positive work environment for your employees and your organisation.

When selecting an Employee Assistance Program, employers prioritise both the quality and cost-effectiveness of the service. WTG EAP excels in providing a comprehensive service model that includes on-demand telehealth counselling, on-site critical response counselling and in-person appointments (when located near you or your employee), all delivered by highly skilled and certified counsellors. This ensures high-quality support whenever it's needed.

WTG EAP's mission is to empower your employees on their journey towards personal growth and well-being by ensuring they find the right therapeutic support to help achieve their full potential.

About WTG EAP Counsellors

WTG is committed to diversity and inclusion, employing a diversified team of counsellors with extensive experience and relevant qualifications. Each employee is empowered to select a dedicated counsellor to ensure consistent, high-quality service, minimising the need to repeatedly share their story. Unlike many EAP providers who use casual or temporary counsellors, WTG EAP maintains rigorous quality control by employing committed, experienced professionals who are integral to WTG.

What Is EAP Counselling?

Employment Assistance Program Counselling offers employees a free, confidential setting to discuss their concerns with a fully qualified and registered counsellor. These sessions aim to explore strategies, develop skills, and obtain guidance to enhance well-being for both work and life satisfaction. Due to the short nature of EAP counselling (usually 3 to 6 sessions) the main approach used is Solution-Focused, concentrating on achieving practical outcomes for the client.

Benefits of an Employee Assistance Program (EAP)

EAP services are valuable for all employees, not just those experiencing mental health challenges. They offer a broad range of professional wellness services designed to improve personal and professional well-being, reduce stress, and build resilience and confidence.



WATKINS
THERAPY
GROUP

- **Enhanced Performance and Productivity:** Employees benefit from improved focus and efficiency, leading to better overall performance.
- **Reduced Absenteeism and Workplace Conflict:** By addressing occupational stress and interpersonal issues, EAPs help lower absenteeism and conflict.
- **Boosted Staff Morale and Retention:** Improved employee satisfaction can enhance morale, leading to better retention and a more attractive workplace for recruitment.
- **Lowered Costs:** EAPs contribute to reduced workers' compensation claims, sick days, team turnover and other related expenses.
- **Increased Employee Satisfaction:** Through support and resources, employees experience higher levels of satisfaction in their roles.
- **Strengthened Employer-Employee Relationships:** EAPs facilitate better communication and understanding between employers and employees.

Why Telehealth Counselling?

- **Timely Support:** Access to help exactly when needed.
- **Quick Appointments:** Efficient scheduling of sessions.
- **No Work Interruptions:** No need to take time off.
- **No Travel Expenses:** Eliminate commuting costs.
- **Enhanced Accessibility:** Greater availability for appointments.
- **Anonymity Preference:** Employees appreciate the privacy of telehealth counselling.
- **Reduced Stigma:** Telehealth confidentiality helps mitigate the stigma around seeking support.
- **Effectiveness:** Research shows telehealth therapy is as effective as face-to-face sessions.
- **Convenience:** Sessions can be conducted from the comfort of one's own space with the use of mobile, laptop or other chosen electronic device.

Confidentiality Assurance

WTG EAP maintains strict confidentiality, only disclosing information with the client's consent or when legally required, or if there is an imminent threat of serious harm to the client or others. As the employer you will not have access to who has used the EAP service or any therapeutic notes taken.

Invoices do not include the name or any identifiers of any employees.



WATKINS
THERAPY
GROUP

Availability of Counselling

Employees can browse our counsellors online at any time via our website and choose who they want to book with (pending therapist availability), seven days a week.

Each of our counsellors offers a range of availability and after-hours and weekend appointments are available.

For immediate safety concerns outside these hours, it is advisable to contact:

Emergency Services at 000

Lifeline at 131 114

Suicide Call Back Service at 1300 659 467.

WTG EAP Package

WTG EAP offers a cost-effective program to ensure businesses of all sizes can support their team's mental health and well-being as well as the company's bottom line.

What you pay

You pay for 5 sessions up front annually for the three years of your contract - \$1,000 plus GST (locked in for the term of your contract).

Additional sessions are charged at \$200 plus GST, billed monthly.

Add-ons

- **Critical Incident Support:** We offer compassionate and supportive critical incident packages, including 2 or 4-hour sessions starting at \$500 + GST for online support and \$600 +GST for in-person (where available), to provide immediate assistance during times of crisis.
- **Performance Coaching:** Career Development - Our performance coaching sessions assist with career goals, transitions, and job performance, Improved Efficiency - Enhance motivation, productivity, time management, and the achievement of personal and professional goals through expert coaching. \$POA
- **Adesso Wellbeing profiles:** Detailed and individualised 20+ page report into your current wellbeing status in the 5 primary drivers of wellbeing Purpose, Mind, Body, Connection, and Financial. Starting at \$299 = GST
- **Wellbeing workshop:** For your leadership team or entire workforce (online or in-person***)

Features

- **Family Inclusion:** Sessions can also be utilised by family members of employees, extending support beyond the workplace.
- **Dedicated Intake Process:** Employees can speak one-on-one with an intake team member to select a therapist that best suits their individual needs, ensuring a personalised and effective support experience.



WATKINS
THERAPY
GROUP

By investing in Watkins Therapy Group's EAP, you are taking a proactive step toward supporting your team's mental health and overall well-being.

For more information please contact us at admin@watkinstherapygroup.com.au or
(03) 8765 2477.

“Enhance your workplace environment with personalised support from Watkins Therapy Group, where your employees' well-being is our priority.”

-Benjamin Watkins, WTG Director & Lead Counsellor

*Therapeutic hour as it's known is 50 minutes, all sessions will be 50 minutes unless otherwise stated.

**Approval is sought from WTG EAP to your company with full privacy, no names or identifying features are used.

***Additional costs apply for travel.

Prices Subject to change.

All information as of August 2024.



**WATKINS
THERAPY
GROUP**