

# EMPLOYEE ASSISTANCE PROGRAM

## What is an “Employee assistance program - EAP”?

An employee assistance program assists employees with personal problems and work-related problems that may impact their job performance, health, mental and emotional well-being. An EAP offers confidential assessments, short-term counseling, referrals, and follow-up services for employees.

Mental health challenges especially during our current times have significant impact on employees and managers. Stress is considered a global pandemic that has significant and caused psychological and financial losses to employees and corporations alike. FSHN can help support your employees through its EAP program to address all aspects of mental health needs. Your organization benefits will include a healthier and happier workplace and a better financial bottom line.

## An EAP can help your business in the following ways:



Improved work performance



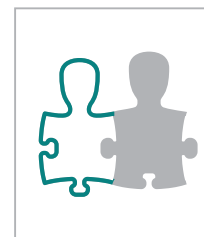
Improved employee retention



Decreased use of sick leave



Increased productivity



Fostering a more positive work environment



Increased positivity among employees and fewer workplace conflicts



## Consultation Areas:



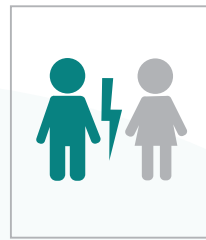
Workplace concerns



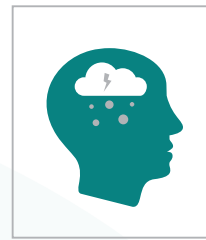
Grief and loss



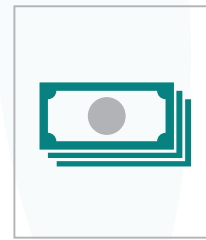
Interpersonal conflicts



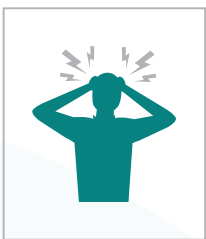
Relationship and family problems



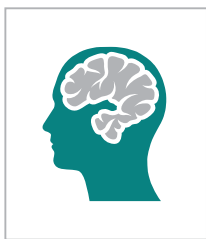
Addiction and recovery



Legal or financial issues



Stress management



Mental wellness



Anxiety, depression, or trauma

## Additional Support:



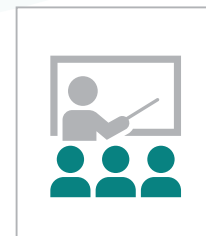
Individual, couples and family counseling



Support groups



Health Workshops



Workplace training on psychological first aid



Dedicate an appointed therapist for the organization-a direct point of contact

## Contact us:

📍 Amaia Residence, Floor 2, Building 7, Baghdad Street, Block 9, Salmiya, Kuwait

📦 24472, Safat 13015 Kuwait

☎ +965 2572 1677

☎ +965 22257238

@ info@fshnkuwait.org