

Employee Assistance Program

Facts

Completely Confidential - the EAP clinicians are bound by law to maintain complete confidentiality

Early Access is key - there's no level of "struggle" that you are required to reach to use the EAP. The earlier you use it, the faster you'll feel better

Many ways to access - You can talk to a clinician via phone, video or face-to-face - it's up to you!

Immediate family too - your dependents, spouse, and other family members who live in your household can also use the EAP for free



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information



**JOHN
HOLLAND**

Employee Assistance Program

Extras

Supervisor Support Service - helping managers navigate mental health and grief conversations and scenarios

Better Sleep Program - helping our people get to sleep, stay asleep, and stop fatigue

Wellbeing Webinars - twice-weekly pre-recorded webinars on topics ranging from mental health to procrastination to communicating with your kids



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Employee Assistance Program

Phone App

Download the App - Our EAP provider has a free app called Gryphon EAP

Book a session - you can fill off a form and book sessions straight through the app.

Watch webinars - The app has direct access to the twice weekly wellbeing webinars

More - The app holds meditation techniques, mental health information and resources for supervisors



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Employee Assistance Program

Relationships

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