



**eap services**  
A Habit Health Company

# A guide to helping your team

**Habit Health EAP Services is more than just a support service, it's a tool to help your people stay healthy, engaged, and productive. With both mental and physical support available, we can help your teams feel better and think clearer. Here's how you can make the most of our services as a leader.**

## 1. Know what's on offer

Familiarise yourself with Habit Health's services, from counselling and wellbeing coaching to financial advice and legal support. Understanding the full range of help available means you can point your team in the right direction.

## 2. Talk about it often

Don't wait until a crisis to mention the services. Bring it up in team meetings, one-on-ones, and wellbeing check-ins. The more normal it feels to talk about, the more likely your team will use it.

## 3. Make access easy and private

Make sure your crew know how they can access these services and reinforce that it's confidential and free. Remind them you won't know that they've accessed any services unless they choose to tell you.

## 4. Lead by example

When leaders show they value and use wellbeing resources, it sends a strong signal that it's ok to seek help. Whether it's reading a WellbeingHub article or trying one of our services, if you feel comfortable, talk about it with your team.

## 5. Take action early

Habit Health support isn't just for emergencies, it's for everyday life, too. If you see someone feeling stretched, expressing that they aren't feeling themselves, or they just might want to talk it out with someone, that's the time to encourage them to make an appointment with one of our experts.