

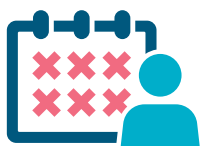
Boost Productivity

Research suggests that use of wellbeing strategies increases work productivity by up to 86%*

Companies who engage in wellbeing services see a 360% return on investment**. Get injured staff back to work quicker, increase productivity, reduce stress, sick leave and burnout and attract and retain quality staff. Teams that are valued are more productive at work, less likely to need time off and are generally much happier in all aspects of their lives.



INCREASE
PRODUCTIVITY



REDUCE
SICK LEAVE



REDUCE
BURNOUT



FASTER
INJURY
RECOVERY

Additional support for your team

habithealth+

The habithealth+ app delivers personalised recommendations on how staff can stay healthy and care for themselves. The app works in tandem with our wide range of services and features prompts and notifications to increase motivation, providing 24/7 support.

Habit Health WellbeingHub

The Habit Health WellbeingHub provides resources to support the physical and mental health of your team. From managing personal health and fitness, to relationships in the workplace - there's a range of resource to support your team.



Scan here to
find out more

Find out more at
eapservices.co.nz
Phone
0800 327 669



A healthier workplace starts here



habithealth
Your Partners in Wellbeing



eap
services

*NZ Institute of Economic Research report to Xero

**www.benefitnews.com/opinion/eaps-have-never-been-more-important-to-employees



Habit Health EAP Services provides organisations like yours with focused assistance to enhance, enable and support your people.

We are Aotearoa's leading provider of EAP and Occupational Health services - and we've been doing it for over 20 years.

Our network is made up of more than 2,500 experienced clinicians working hard across the country, from Kaitiāia to Bluff. We are a trusted partner for both industry and government sectors.

It's our goal is to support your team to build resilience and enjoy life.

People are at the core of our mission, and our commitment to their well-being drives our efforts.

We are dedicated to culturally safe practices and celebrate the diversity of culture, thought, and action within our organisation.

Services for your organisation

Drug and Alcohol Counselling

This programme helps people understand how their substance use may be affecting their life, wellbeing, career and whānau.

Ethics and Compliance Reporting

An independent service to assist staff in reporting dishonesty or unethical behaviour, harassment, workplace safety hazards

Human Resources (HR) Consultancy

We can help you with a range of HR issues including Conflict Resolution and Meditation, managing difficult behaviour workshops, and education for managers.

Learning and Development Services

Our Learning Services Team provide workplace wellbeing education, support and resources to managers to help them identify the relevant issues and resolve them.

Manager Assist

Our Manager Assist service provides advice for managers dealing with difficult issues, include counselling for employees, support for the manager, or other sources of support.

Manager Referral

The EAP Formal Manager Referral process is a valuable tool for managers. Referrals can be made for employees requiring independent support from an EAP professional.

Onsite Support

Our onsite support for critical and non-critical incident/trauma support is designed to provide support and assistance to employees.

Psychological Fitness for Work Assessment and Evaluation

This service is designed to assess the psychological and/or emotional capacity of individuals for work and the overall safety of the individual, and others, when at work.

Professional Supervision

For practitioners to receive guidance and support from a supervisor to enhance their work performance, professional development, and well-being

Services for your team

Counselling Sessions

Counselling provides a valuable resource for addressing both work-related and personal issues with a trained professional.

Health Coaching

Health coaching services include:
Fitness Coaching | Nutritional Support
Sleep and Fatigue Health Coaching | QuitHelp
Smoking and Vaping | Healthy Heart -
Cardiovascular Coaching | Pain Management |
Headache Management

Financial Guidance

Financial counselling is about more than just money. Our team provide practical advice and tools in an easy to understand manner.

Legal Guidance

Our Legal Guidance service is a confidential service that has been designed for those seeking legal advice about personal, non-employment, matters.

Career Guidance

Our career guidance service offers personalised guidance, professional development, and support.

Rongoā Māori

A te ao Māori approach to wellbeing for anyone in Aotearoa.

Menopause Support

Support for individuals experiencing menopause, as well as awareness training for teams and managers.



We are here to help

Find out more at
eapsservices.co.nz