

EAP Services Mental Health Continuum

Healthy

Managing

Stretched

Struggling

Unwell

How I'm feeling right now

I've got this - I'm coping well!

- Emotions balanced
- Good sleep
- Good energy
- Clear thinking
- Socially connected
- Organised routine
- Achieving at work
- Positive outlook
- Good coping tools

I'm managing - I'm keeping it together with effort!

- Emotions rising
- Restless sleep
- Energy dipping
- Distracted thinking
- Needing alone time
- Routine takes effort
- Working harder to achieve
- Worry taking over
- Strained coping tools

I'm running on empty - stress is creeping up!

- Emotions high
- Broken sleep
- Low energy
- Racing thoughts
- Withdrawing socially
- Work procrastination
- Disorganised routine
- Feeling overwhelmed
- Using substances

I'm losing my grip - I'm not myself!

- Irritable emotions
- Sleepless nights
- Exhausted daily
- Foggy thinking
- Avoiding people
- Reduced work performance
- Constant worry
- Abusing substances

It's all too much - I need real support now!

- Intense emotions
- Not sleeping
- Extreme fatigue
- Negative thoughts
- Isolating
- Absenteeism
- Work deficit
- Unable to cope
- Addictions

How EAP Services can help

- Individual Counselling
- Webinars
- Learning Development
- Wellbeing Events
- Leadership Mentoring
- habithealth+ App
- WellbeingHub

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- Individual Counselling
- Onsite Support
- Manager Assist
- Leadership Mentoring
- Health Navigation
- habithealth+ App
- WellbeingHub

- Individual Counselling
- ADHD Adult Service
- Alcohol and Other Drugs Services
- Menopause Support
- Rongoā Māori Support

- Individual Counselling
- 24/7 Support
- Critical Incident Support