



SAFE PLACE THERAPY

0411 791 089

safeplacetherapyspt@gmail.com

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your safe place to talk

Employee Assistance Program (EAP)



About Safe Place Therapy

Safe Place Therapy was developed from the idea that everyone needs a safe place in order to talk through difficult issues and life stressors. Our service takes pride in establishing an environment for clients to feel safe and respected in their situation and to feel heard. We often hear that helpful Counselling comes from a place where the Counsellor has taken the time to stop and listen first. We see our main role to be in the 'corner' with the client. This is the first step towards mental health and reduced stress.

In the workplace employees should be able to feel safe and supported in their role. Our service has created a number of options for your organisation to both help your staff and build a supportive structure for them. Our work is about **working with** the organization to ensure respect and mental health are prioritised for every person in your organisation.



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Appointments can be attended at either location below, or via telehealth (telephone or secure video conferencing) from your home or wherever suits you.

Footscray: 86 Paisley St, Footscray. Middle Footscray Station is the closest station.

Sophie Manente

Monday 11.30am - 6.30pm

Tuesday 12.30pm - 8.30pm

Wednesday 11.30am - 8.30pm

Thursday 11.30am - 8.30pm

Friday 12.30pm - 8.30pm

Saturday 12.30pm - 5.30pm

Mill Park: Level 2, Shop 50, 314-360 Childs Rd, Mill Park. (Located within Fullife Pharmacy.)

Adam Bottomley is available for appointments at both Footscray and Mill Park during the following times:

Monday 1pm - 9pm

Tuesday 11am - 9pm

Wednesday 2pm - 9pm

Friday 12pm - 8pm

We support people with:

- Anxiety, depression, and/or mental health issues.
- Relationship counselling
- Life stressors (debriefing or life change issues)
- Work related support
- Stress management
- Mental health check-ups ('one off' sessions periodically)



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Employee Assistance Program

An **Employee Assistance Program** can help you move towards building a supportive environment for your staff. Staff that feel supported and are mentally well are more efficient, are more engaging and open to working with others in a respectful manner. Safe Place Therapy has put together the following options for you to consider:

'One off' Mental Health Check-Up

We often have an annual physical health check-up where we talk through our issues with our Doctor, but seem to neglect our mental health. A mental health check-up can be a great way to connect with a mental health professional, work through a specific issue or have a general discussion about current stressors in your life.

We can organise these sessions as a one-off session, every 6 to 12 months or based on the needs of the staff member or at managements' discretion.

This option can provide staff members with:

- A one-off session that doesn't have the same stigma as 'Counselling' and can be merely a check-in conversation about current stressors.
- A place to briefly work through some current stressors.
- A place to openly discuss difficult thinking patterns or low moods that have impacted on the worker recently.
- A place to discuss recent work/life changes, such as a relationship ending, a role change at work or an increased workload.

The one-off session can then move into further Counselling sessions if the client and Counsellor believes it would be beneficial.

COST: \$130 for a 50 minute session



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Counselling sessions 3-6 sessions per annum

Counselling sessions can be a way for staff members to unpack issues they are experiencing at work or home in-order to move forward in a healthy way.

This option can provide staff members with:

- Professional Counselling at no cost to the staff member (paid for by your organisation) that supports staff to work through stressors.

We provide a confidential and safe place where the Counsellors are familiar with the organisation the person works for, and understands the way the organisation runs. This allows for real insight into the specific issues the staff member is facing.

EAP Counselling can be a good introduction into longer term Counselling if the client finds they need further or ongoing support.

Counselling is usually offered to employees and their families, however we leave this up to the discretion of the organisation, as to who is eligible for the service.

Cost: \$130 for a 50 minute session

Small group training

Our team is dedicated to not only support your organisation via confidential Counselling, but to also offer small group training where this is relevant and helpful. Your team may want to focus on self care during stressful times, supportive workplace workshops or other mental health discussions. Our team is open to your suggestions as to the types of sessions your staff would benefit from and we will tailor a program to your needs.

Some ideas may be:

- Team building to boost the team's morale.
- Working on the team's values, to boost teamwork and cohesion.
- Easy strategies to manage stress .

Cost: \$300 for a half day 9am-12pm or \$500 for full day 9am-5pm Monday to Friday. We are happy to quote for your weekend requirements.

Thank you for considering our services for your organisation. Our team are open to your suggestions or feedback about potential mutual opportunities. Please do not hesitate to contact us for further information or to answer any questions you may have.

Please call us on 0411 791 089 or send an email to safeplacetherapyspt@gmail.com
<https://www.safeplacetherapy.com.au/>