

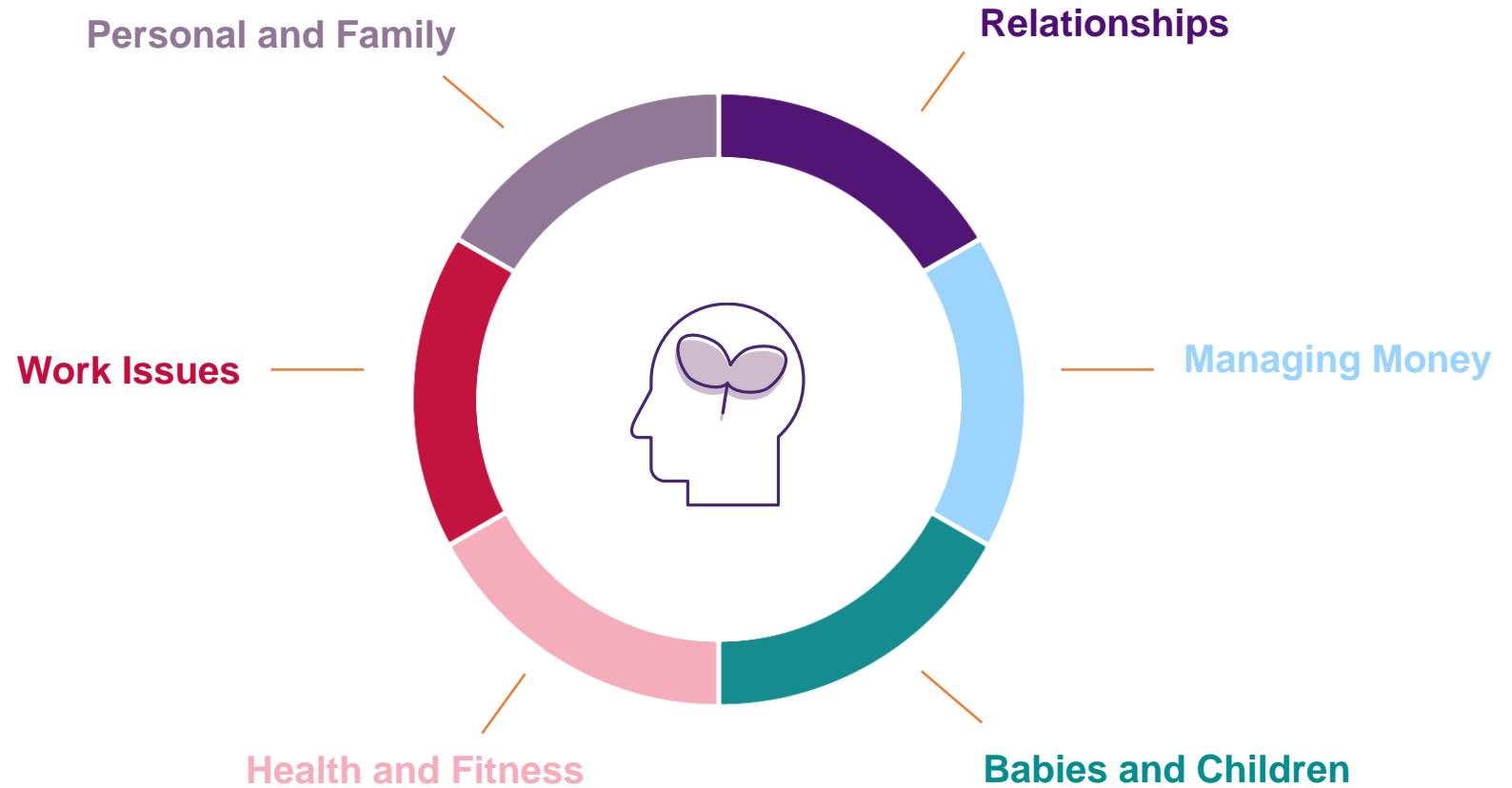


Employee Assistance Programme

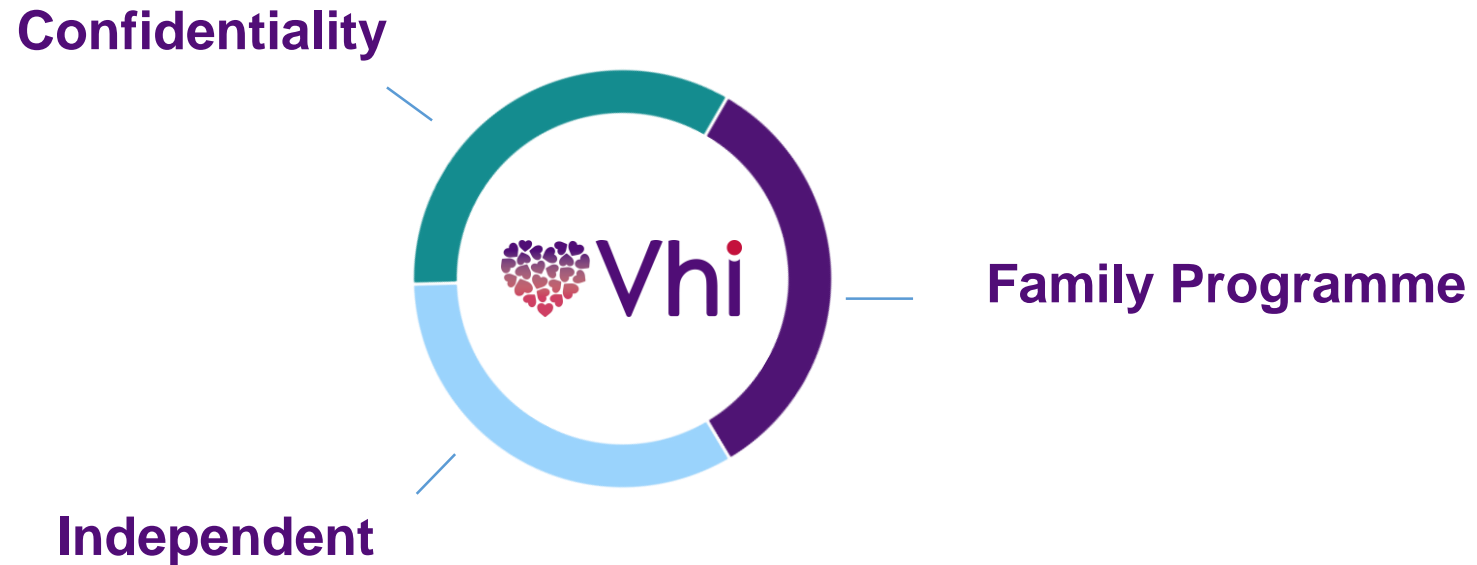
Your benefits – Suir Engineering

How can your Vhi EAP help?

Talk to us about whatever
is on your mind



Key Elements of your EAP

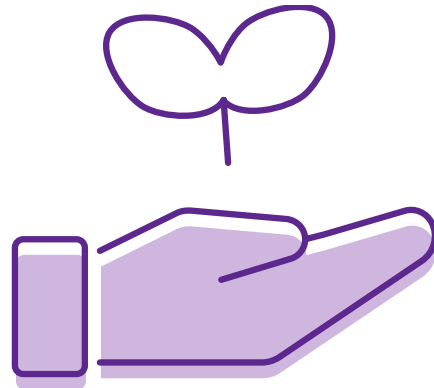


EAP Range of Services

1. Phone, Video & Face-to-Face Counselling
2. Specialist Information Service
3. Manager Support Helpline
4. Parent and Career Coaching
5. Critical Incident Support
6. Online Portal

Specialist Information Service

- Consumer **Issues**
- Eldercare
- Childcare
- Finance or Debt **Issues**
- State **Benefits**

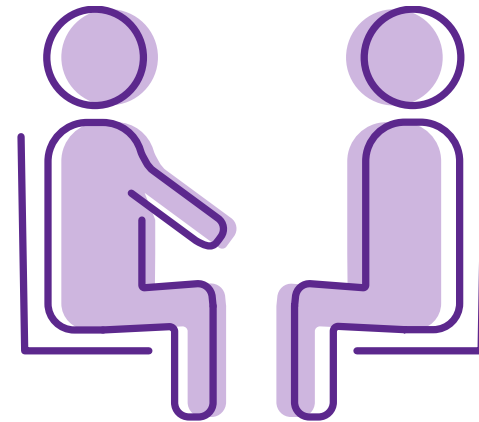


- **Property or Mortgages**
- Rental / **Tenancy**
- **Family Matters**
- **Legal Situations**

Counselling Service

All employees can avail of **8 sessions** of face-to-face, Video, or Telephone counselling per issue, per year.

This also applies to family members



Counselling Process

About our Counselling Team

- 360 experienced counsellors nationwide
- 450 face-to-face counselling hours
- Accredited by the Irish Association of Counselling and Psychotherapy (IACP)



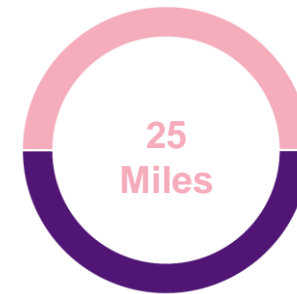
Assessment taking
20 to 30 min



Call back from your
Counsellor to
schedule
appointment



Schedule first
appointment

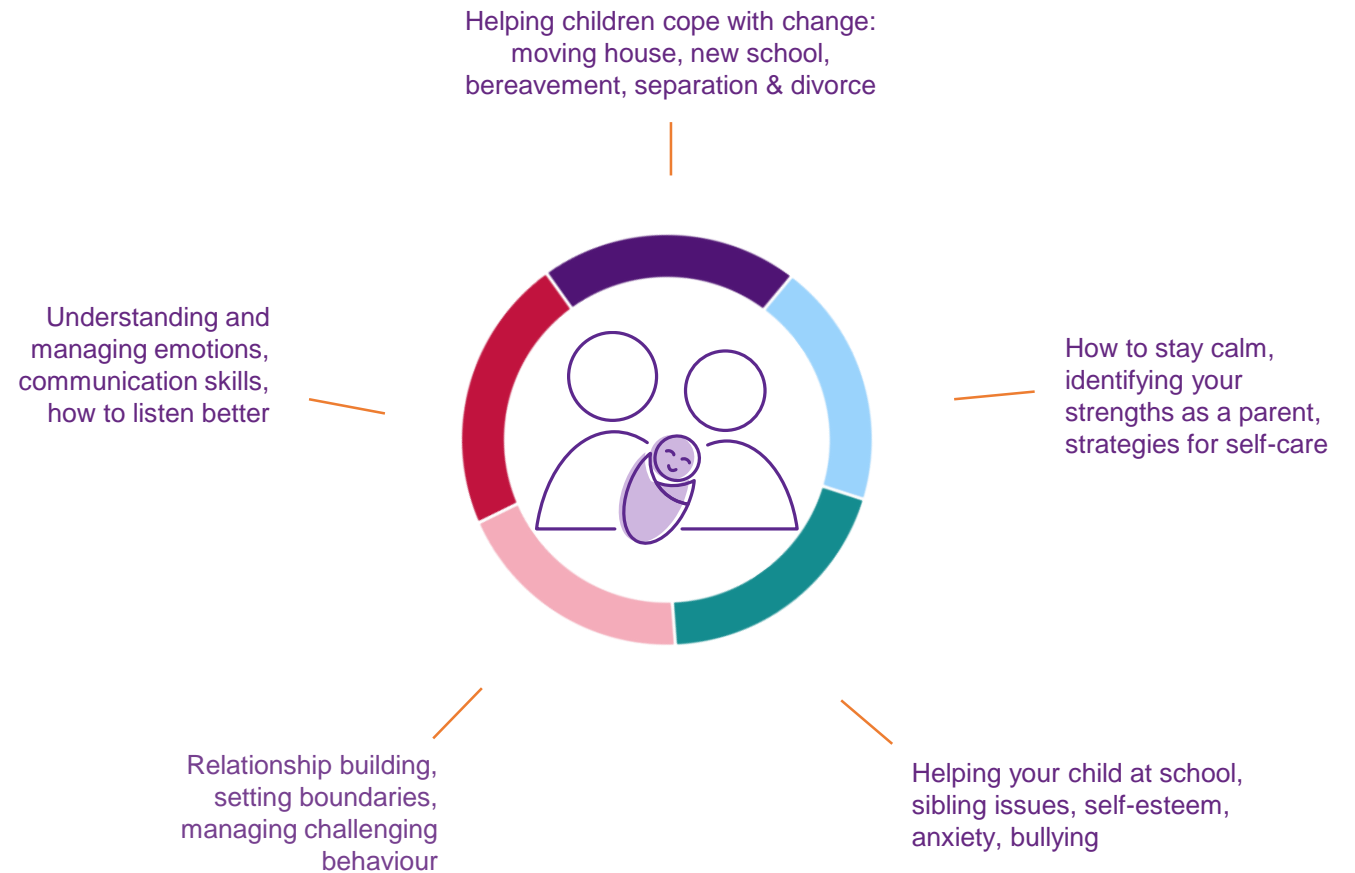


Face-to-face
appointment within a 25
mile radius

Parent Coaching

Parenting today is not an easy job. You can call the EAP at any time for a little extra support and information for everyday parenting challenges.

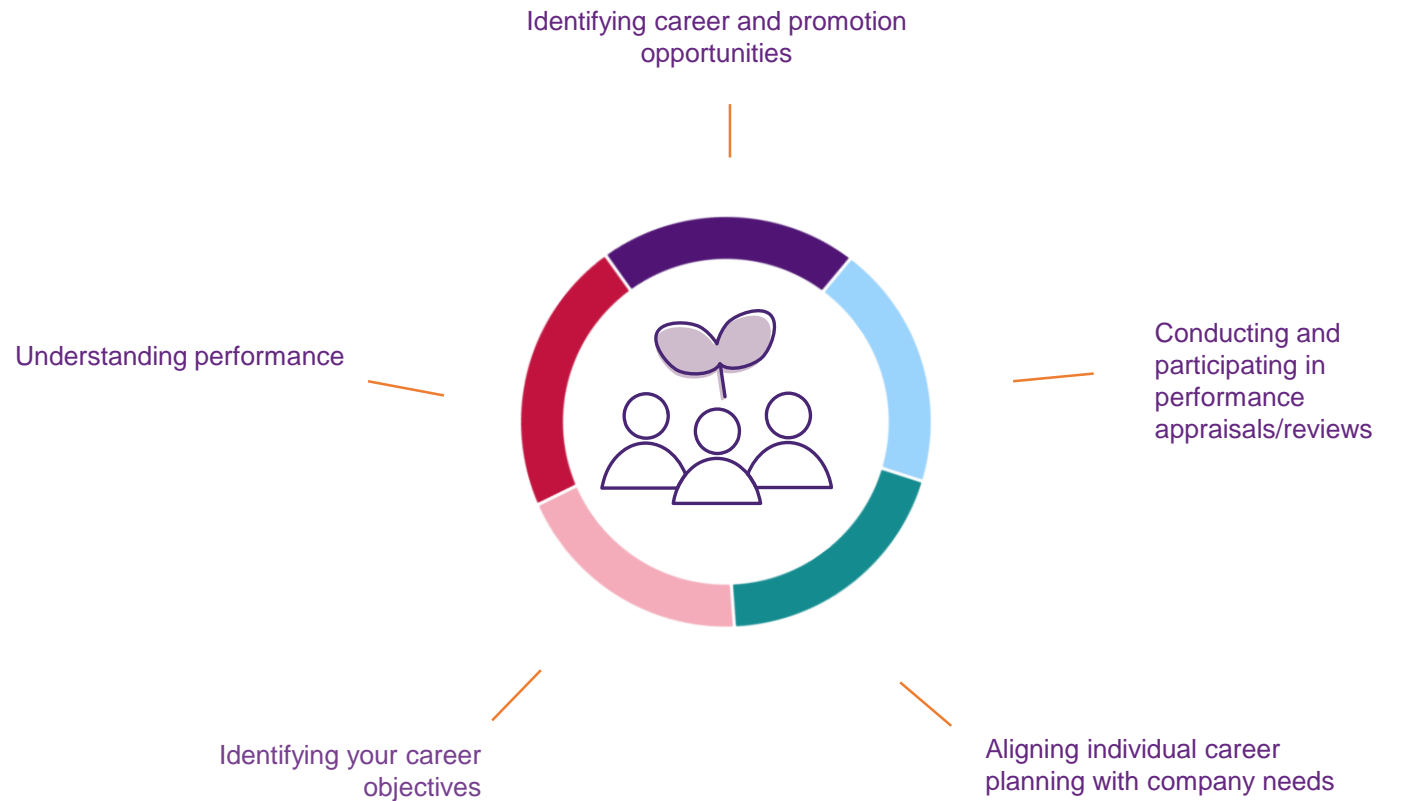
All employees and family members can avail of up to **6 telephone coaching sessions**.



Career Coaching

If you have questions or concerns about your career and performance, and want to explore these work related issues in a confidential manner, then Vhi's career coaching service is only a phone call away.

The focus of the sessions will depend on where you are in your career, and what changes you wish to make.



What stops employees seeking help with the **EAP**?

1. Concerns about privacy
2. Prefer to rely on family and friends
3. Perception of the EAP



Online EAP Portal

The screenshot shows the Vhi Wellbeing hub website. On the left is a purple sidebar with a list of resources: My Resources, Mental health, Health and wellbeing, Family and relationships, Relationships, Diversity and inclusion, Money and debt, Workplace and student support, Newsletters (VHI), Webinars (VHI), Newsletters, EAP Presentations, Legal, VHI International Telephone Directory, My Favourites, and My Services. The main content area features the Vhi logo and 'Wellbeing hub' text. A large image shows several hands clasped together. A purple banner reads 'Supporting employees affected by the conflict in the Middle East', with a pink box below it stating: 'Following the conflict in Israel and Gaza, we would like to remind teams that HealthHero Assist can provide support for those who are struggling during this difficult time.' Below the banner are three sections: 'Call with a counsellor' with a 'Book now' button, 'Featured resources' listing '30-day mind-body movement challenge', 'Embracing a balanced diet for Inflammatory Bowel Disease (IBD)', 'Multiple Sclerosis and movement: Staying active with MS', and 'Navigating stroke recovery: A guide for patients and families'; and 'Upcoming events' listing '17 - 17 Jan Webinar - New Year Health MOT', '8 - 9 Feb National No Smoking Day', '1 - 30 Apr Stroke Awareness Month', and '1 - 30 Apr Bowel Cancer Awareness Month'. A photo of a smiling man is on the right.



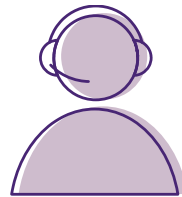
vhi.healthhero.com

Company Username: Suir Engin
Company Password: CLSDOJPH



Contact your EAP

Freephone, day or night, 365 days a year.
Talk to us about whatever is on your mind



Phone

ROI: 1800 995 955
UK: 0808 178 0912



Email

eap@vhics.ie