



WILLOWTREE WELLBEING

EMPLOYEE ASSISTANCE PROGRAM

*Supporting the
individual to
enhance the
collective*

**Call 02 9037 4367 for
a phone consultation
to get started today**

www.willowtreewellbeing.com

MISSION

Our mission is to provide professionals with the most up to date therapeutic and confidential support to enhance wellbeing, performance and skills set



VALUES



Compassion - bringing kindness and empathy to our work



Optimism - holding hope for those we work with



Integrity - we practice ethically, with honesty and accountability

WHY CHOOSE WILLOWTREE?



Our boutique team offers tailored support to employees based on their individual needs, which are assessed at the first intake call. By doing this, we are taking steps to ensure the right fit between your employee and the therapist the first time, which lessens the potential for employees wanting to change counsellors. Whilst we do of course offer the opportunity to see a different counsellor if there is a request to do so, we seek to ensure your employee gets the most out of our service from the very first visit

ABOUT OUR TEAM

Our staff are qualified mental health professionals with a wide range of experience in delivering mental health interventions to a diverse client range. Our staff have all had experience working in allied health roles as well as roles including hospitals, schools, homelessness support agencies, child protection agencies, front line case work roles as well as leadership, supervision and clinical roles. We understand what it is like for the people who have continued to provide human services throughout a global pandemic and into an uncertain future. We are trauma informed and regular professional development, including training in the latest evidence based mental health interventions and monthly clinical supervision is a requirement of all of our clinicians.

WHY MENTAL HEALTH MATTERS



Good mental health at work can increase staff retention, productivity and staff engagement.

Studies conducted during the COVID19 pandemic have indicated that offering a hybrid model of support - both face to face and online options - have increased engagement from staff in EAP Services due to ease of access (*Couser, Nation & Hyde 2020*) (*Attridge, M 2022*)

EAPA Australia found that EAP services had the following impact for employers and employees

- Work absenteeism decreased by 27%
- Work presenteeism was reduced by 26%
- Life satisfaction was increased by 23%
- Workplace distress was decreased by 14%
- Work engagement was increased by 8%

Willowtree EAP gives your employees, at all levels, the opportunity to connect with an experienced mental health professional, the outcomes of which may:

- lead to better job satisfaction (*Cao et al 2022*)
- impact positively on their interaction and communication with others (*Pan, Z (2019)*)
- see a reduction in the impact of mental health issues on your employee which may lead to a positive financial ROI for employers (*Bondar et al, 2022*)
- result in an improvement in health and work (*Attridge & Dixon, 2022*)

Further, providing support through Willowtree Wellbeing EAP will help meet obligations under s274 of The Work Health and Safety Act which states that employers “**must eliminate or minimise, so far as is reasonably practicable, the psychosocial risks that arise from psychosocial hazards**”

WHAT WE OFFER

At Willowtree we have flexible options for attendance, where your employee can opt to see our clinicians face to face when they are in the same location or they can also opt for online sessions via Zoom which allows your employees to access our clinicians from anywhere in Australia



Counselling & Therapeutic Support

Treatment for depression, anxiety, stress, work related issues (eg redundancy, conflict), addiction and substance abuse, grief & loss, relationship issues, trauma and other personal or work related issues

Career Counselling

Support with vocational goals, career planning and career coaching

Supervision

Clinical and general supervision for allied health staff, caseworkers, team leaders and managers

Coaching for Mental Health Accreditation

Specialised supervision, training and coaching for social workers seeking mental health accreditation

Our Team



Ashton Hayes

*Principal Therapist,
AMHSW, Trauma
Specialist, Couples &
Individuals,
Supervision & Training*



Andy Allen

*AMHSW,
LGBTIQA+ and
Trauma*



Nicole Staats

*Accredited Social
Worker, DFV,
Trauma, Individuals,
Supervision*



Cassandra Gavel

*Accredited Social
Worker, Eating
Disorders and
Trauma Specialist.
Supervision*



Alys McLennan

*Accredited Social
Worker, DFV,
Trauma, Supervision
& Training*



Debby Lines

*Clinical Social
Worker,
Grief & Loss,
Bereavement*

Our Team



Joy Herman

Accredited Social Worker, DFV, Trauma, Forensics; Supervision



Jaclyn Rae

AMHSW; Grief & Loss, Forensics, Pregnancy Loss



Montana Nicoloutsopoulos

Accredited Social Worker, Trauma, Adolescents & Young Adults; supervision



Josie Saword

Administrative Support

GETTING IN TOUCH



- Call **02 9037 4367** for a phone consultation to get started with Willowtree Wellbeing EAP
- Email admin@willowtreewellbeing.com for a full price list and contract
- Share our website with your staff and they can book themselves straight in
- www.willowtreewellbeing.com

Thank You



Willowtree EAP

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