

# Employee Assistance Programmes

Supporting your employees when they need it most.



24/7 Customer Service



Nationwide Coverage



Personal Approach



Digital Access to a Range of Services

With the pressures of everyday life, we all need a little extra support every now and then.

Onhealth offers a comprehensive Employee Assistance Programme that can be tailored to your company's needs. We specialise in psychological and physiological services, offer 24-hour access to confidential support and guidance, and can help provide your employees with the tools they need to make positive changes in the workplace.

Access to our interventional support services can hugely benefit, not only your employees, but your business as a whole, by reducing the number of sickness absences and increasing productivity.

## Our Services

There is a wide range of services available for employers to choose from:

- **Physiotherapy** – our clinic team can carry remote or face to face assessments with your employees to provide exercise plans that can be carried out at home or in the workplace to alleviate symptoms such as back pain, neck strain, and stiff joints. These are symptoms are common in an office environment. Our physiotherapists can also offer more in-depth treatment for employees who carry out physical tasks on a daily basis.
- **Psychotherapy** – your employees may suffer from stress-related symptoms due to issues at home or in the workplace. By offering access to our 24-hour hotline, they could receive confidential mental health advice and further referrals for counselling as required. This can pre-emptively reduce the need for stress-related absences and improve the overall morale of your workplace.
- **Remote Workstation Assessments** – making sure your employees' workstations are appropriately set up and adjusted to their height and build is essential for preventing the development of physical symptoms. Whether your employees are in an office environment or working from home, our physiotherapists can carry out remote assessments and give one-to-one advice on what adjustments are needed.
- **Occupational Health** – Onhealth offers a range of occupational health services for employers to use. From assisting employees back to work following long-term sickness or injury absence, to providing regular check ups for potential industrial injuries, our clinic team is happy to discuss any specific requirements you may have. For more information on these services, [click here](#).
- **Physical and Mental Health Training** – it is important that your employees are equipped to look out of

physical and mental health symptoms in themselves and their colleagues. Onhealth can arrange for training sessions to be carried out in your workplace, either remotely or in person, to give your employees advice on what to look out for and what they can do in a variety of situations to care for their colleagues' physical and mental wellbeing.

## Contact us for more information

If you would like to find out more about the services on offer for the benefit of you and your employees, please complete the enquiry form on our website. We will then be in touch to discuss your company's needs and begin tailoring our programme to your specifications.

Pricing for our services will be confirmed depending on your company's requirements.