

# Bellacroft Wellness Centre

We practice Natural Health  
and Healing

## Employee Assistance Program for Smart Businesses

*Bellacroft's Mental Wellbeing program assists your employees maintain their Mind Fitness ready for work.*

Employees who are happy at work and at home are healthier, more focussed and more motivated. This



directly translates into productivity.

Bellacroft's EAP contributes to your workplace wellbeing by enhancing mental health and addressing personal issues that affect work performance. We work

with you to foster a supportive culture and enhance workforce resilience, creating a healthier, more positive work environment.

Bellacroft provides an integrated support system designed to address the multifaceted nature of personal and professional wellbeing. This modern

approach ensures that employees receive comprehensive care tailored to their unique needs and situations.

We are here for when your employees reach out at times of anxiety, stress, overload and at times of their need for physical, mental or emotional safety.

Our Mental Wellbeing Workplace Audit takes you down a fresh new proactive path to identify and correct issues that your employees face. It encompasses physical, emotional and energetic aspects that directly impact on mental health.

### **What is an EAP?**

**TL;DR:**

- **EAP services provide crucial support for employees dealing with personal and work-related challenges.**
- **Bellacraft's unique on-site audit identifies stressors for rectification in the workplace.**
- **Forward-thinking businesses are now looking for more holistic employee wellbeing support, not with drugs and endless talking**
- **EAPs satisfy Workplace Duty of Care requirements**

Bellacraft offers a confidential counselling service. We use alternative but very effective services such as frequency healing to reduce stress and anxiety, kinesiology to clear unresolved emotions and PTSD, and reiki to rebalance the body. These services are

results based, effective and backed by the Bellacraft Service Quality Guarantee. Bellacraft goes well beyond the traditional mental well-being in the workplace and in their personal lives. Read below.

We work with people from small local business to large international corporations. We tailor our services to provide a protective umbrella for you and your staff.



### Benefits of an EAP

Employee Assistance Programs benefit both you and your employees in several ways, including:

- **Improved employee well-being.** Having a professional being there to personally assist during stressful times dealing with grief, bereavement, financial and legal issues, and relationship difficulties.
- **Reduced absenteeism.** When employees have access to support, they are more likely to manage their mental health and stress and continue to perform well at work.
- **Improved workplace morale** EAPs can help create a positive workplace culture and reduce the stigma around mental health. When employees feel comfortable seeking help, it can contribute to a better workplace culture.
- **Cost savings** EAPs can help prevent workplace issues from escalating into larger, more costly problems.

- **Improved employee retention** Investing in employee well-being can result in greater returns for companies in the long run.

### **Is EAP mandatory in Australia?**

The Work Health and Safety (WHS) Act 2011 mandates that employers must ensure the health and safety of their workers, which includes both physical and mental well-being. However, the Act does not specifically mandate the implementation of Employee Assistance Programs (EAPs) for all businesses.

### **We are proactive**

We are there with training and stressor audits in your workplace. Our short, to the point, training talks update your team and new employees with active preventative measures for mental wellbeing.

Our unique stressor audit identifies preventive and corrective measures you could take to improve the working environment and reduce “sick building syndrome”.

### **Subscription Plans**

Bellacraft has four EAP subscription plans that provide comprehensive consultation services. We always respond within 24 hours. They are great value meaning you get much more for less. On top of this are training for team and for individuals. We also provide a full 2-hour stressor audit and report of your workplace, designed to reduce the chances

of the work environment contributing adversely to an employee's mental wellbeing.

### Bellacroft EAP plans

- **Starter Plan** – a great plan just to get you underway. For micro-businesses
- **Essential Plan** – more inclusions including unused consultation roll over and stressor audit. Suitable for most businesses
- **Ultra Plan** – the most comprehensive plan with best value for larger organizations
- **Pay As You Go Plan** – a straight-to-the-point, economy-based plan with an extensive range of services

Interested? Book now for a confidential, no-obligation Discovery meeting.

### Are Bellacroft EAP Services worth it?

Yes. Bellacroft has for many years provided Mental Wellbeing services from our building on the Gold Coast. Now the same services are provided via Telehealth or phone for regional and international clients.

We are progressive and employ completely new practices, methods and protocols. These complement main-stream psychology and



psychiatry services. We know people and being a small business, we know what your business needs as well.

We have a respected name in the industry and employ senior staff. And our prices are a fraction of other Mental Health providers.

## How to start the EAP implementation process

1. Ask what your staff need.
2. Do an audit of current stressors.
3. Determine your goals and budget.
4. Weigh your options and choose an EAP.
5. Tell the team about your new EAP service.
6. Measure progress.

## Bellacroft ethos

Our passion is to empower employers, their staff and their families with evidence based mental health support.

We have effective, modern mental wellness services that give real results. We have a non-drug approach and are results-based.

Our testimonials speak volumes for the quality and standards of our practitioners and services.

Our staff are fully certified in their profession and carry the appropriate insurance.



Use the QR code left to  
book or phone us on

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