



Safe Place Therapy
Your safe place to talk



EMPLOYEE ASSISTANCE PROGRAM (EAP)



facebook account



instagram account

www.safeplacetherapy.com.au





About Safe Place Therapy



Safe Place Therapy
Your safe place to talk

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 good mental health and reduced stress.

In the workplace, employees that feel supported and their mental health prioritised are more productive and engaged in their work. Safe Place Therapy has created several options for your organisation to partner with your organisation to support the mental well-being of your employees.

Employee Assistance Program

An Employee Assistance Program with Safe Place Therapy will help you move towards building a supportive environment for your employees. Employees that feel supported and are mentally well are more productive, engaged and open to working with others in a respectful manner.



Why choose Safe Place Therapy?



Our Service is Affordable

\$130 per counselling session- some EAP providers charge up to \$200 per session

No hidden costs or annual fees

Only pay when a service is provided

Discounted training packages available for our EAP partners



We are here to help

Our team are experienced counsellors ready and able to support your organisation. We are only a phone call away if you need emergency support such as managing at-risk employees or HR issues needing extra support. We see our work as more than just providing counselling but being a valued partner supporting the mental well-being of your organisation.



We do more than just EAP

Safe Place Therapy is committed to providing quality counselling support to the community as well as to your organisation. Your employees have the option to continue seeing our team on a longer-term basis if they wish to receive ongoing support (at their expense). Few EAP organisations offer this option for continuity of support with the same counsellor once EAP sessions have concluded.



Safe Place Therapy
Your safe place to talk



We are local and flexible.

We offer face-to-face counselling (Footscray and Epping) and Telehealth (video or phone).



Highly trained & Experienced counsellors

Our team of counsellors are experienced in supporting people with (but not limited to):

- Depression, anxiety and other mental health concerns
- Stress management
- Work-related stress
- Relationships
- Lifeline stressors (debriefing, life change issues)
- Suicidal thoughts and behaviours
- Workplace incident debriefing
- Mental health check-ups (one off sessions periodically)
- Mandarin and Spanish speaking counsellors available





Safe Place Therapy
Your safe place to talk

Meet our EAP Team



Stuart Cheverton
Counsellor & Founding Partner



Prue Gilligan
Counsellor & Founding Partner

Footscray Clinic or Telehealth



Coby Liew
Counsellor – Social
Worker – Clinical
Hypnotherapist



Sophie Manente
Counsellor –
Psychotherapist



Patty Arceri
Counsellor



Ashley Stillman-Foster
Provisional Psychologist

Epping site or Virtual



Mary Andreadis
Provisional Psychologist,
Counsellor



Laura Zapata
Counsellor



What We Offer our EAP Partners:



Safe Place Therapy
Your safe place to talk



EAP Counselling sessions (3-6 sessions per annum)

This option provides your employees with confidential, professional counselling (paid for by your organisation) to support them with any life stressors or mental health concerns they may be experiencing. Your employees have the option to continue seeing our team on a longer-term basis if they wish to receive ongoing support (at their expense). Few EAP organisations provide this continuity of support.

Your organisation can select how many sessions per annum employees are eligible to receive through our EAP service. EAP Counselling can be offered to employees and their families, however we leave this up to the discretion of the organisation, as to who is eligible to access the service.

Cost: \$130 for a 50 minute session

Annual Mental Health Check-Up

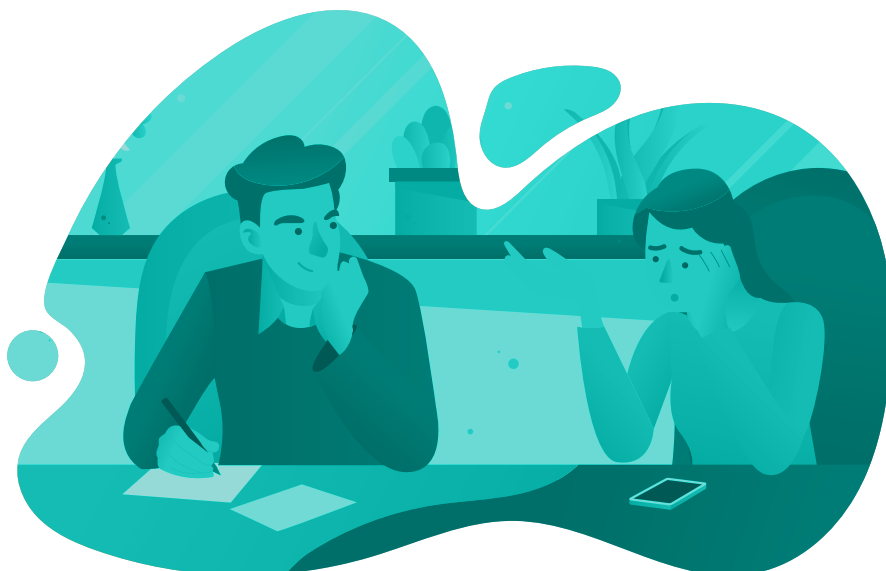
We often have an annual physical health check-up where we talk through our physical health concerns with our Doctor but seem to neglect our mental health. A mental health check-up can be a great way to connect with a mental health professional, work through a specific issue or have a general discussion about current stressors in your life. It can address any 'blockers' interfering with productivity at work and improve motivation.

- 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.
- Option to continue seeing our team on a longer-term basis if they wish to receive ongoing support.

COST: \$130 for a 50 minute session

We can organise these sessions as a one-off session, every 6 to 12 months or at managements discretion. This option can provide staff members with:

- A one-off session that does not have the same stigma as counselling and can be merely a check-in conversation about current stressors.





Safe Place Therapy
Your safe place to talk

Corporate Massage

Our team of qualified and experienced massage Counsellors will provide head and shoulder massages to your employees on-site at your organisation. Massages provide many benefits to your organisation, including:

- Improve physical well-being: relieve headaches, relieves aches and pains caused by desk work, improves blood pressure
- Improves mental well-being: improves mood, improves concentration and focus, lowers stress levels and anxiety, calms the mind

Cost: \$130 per hour (minimum 3 hour booking)



-Improves workplace culture: studies have shown that regular workplace massage boosts employee morale, increases job satisfaction and reduces absenteeism. As we come to your workplace, there is minimal disruption to the workday operations

These benefits can be achieved in as little as a 15 minute head and shoulder massage. However, your organisation can tailor the massage length, type and regularity to suit your needs.

Small group training

Our team is dedicated to not only support your organisation by providing quality counselling, but we also provide small group training. Our team meets with your organisation to understand what challenges your employees would benefit from training and then we will tailor a program to your needs.

Common training needs include:

- Improving teamwork, morale and cohesion.

- Stress management
- Dealing with challenging behaviours
- 'Accidental' counselling
- Interactive and engaging education sessions about suicide, mental health, domestic and family violence and LGBTI.

Cost: \$500 for a half day 9am-12pm or \$800 for full day 9am-5pm Monday to Friday. This includes an initial consultation of your training needs and a workbook for all participants.

We are happy to quote for your weekend requirements.



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

www.safeplacetherapy.com.au