



# WORKPLACE WELLNESS MATTERS

According to Safe Work Australia, 92% of serious work-related mental health condition claims were attributed to mental stress.

And a recent Head's Up report revealed that 91% of Australian employees believe mentally healthy workplaces are important, but only 52% of Australian employees believe their workplace is mentally healthy.

Regardless of whether mental stress is related to work or personal issues, an

Employee Assistance Program (EAP) can provide the critical support that employees may need to proactively address their mental stress before it escalates.

An EAP is a workplace wellness program that is offered by the employer but facilitated by an independent provider. The EAP is designed to confidentially assist employees with a range of issues in a variety of ways.



## + EMPLOYEE ASSISTANCE PROGRAMS

**LASA Affiliate WorkPlacePLUS offers a holistic, fully integrated EAP incorporating mental, emotional and physical health education.** Our EAP's are positioned to deliver innovative, best practice and proactive solutions.

- Engaging self-help material
- A range of counselling approaches: Short-Term Solution Focused, Positive Psychology & Cognitive Behavioural Therapy
- Knowledge, research and tangible solutions so our clients can make sustainable choices that support their long term wellbeing

Our service delivery model takes into account the four areas of wellness:

- 🟡 Psychological Health
- 🟡 Physical Health
- 🟡 Lifestyle
- 🟡 Working Environment

**“Australian employees expect mental health support in the workplace environment, but many are not aware of, or are unable to access appropriate resources.”**

**+ Heads Up / Beyond Blue**

*The State of Workplace Mental Health in Australia*



## + LASA MEMBER BENEFITS

The Royal Commission into Aged Care Quality and Safety can be a challenging time for aged care service providers and their staff. Providing emotional and psychological support to employees during this period is critical for individual employees' wellbeing and ensuring the managing of a business-as-usual approach.



To assist employees to deal with upsetting issues and distressing experiences that may arise from the Aged Care Royal Commission process, WorkPlacePLUS is providing LASA Members with a special offer on Employee Assistance Programs.

**LASA members receive a 50% discount on Employee Assistance services.**

**LASA Members also receive a free initial phone consultation on HR issues affecting your aged care service or organisation.** Call Anna at WorkPlacePLUS on 0419 533 434 and mention you are a LASA Member to take advantage of this special Member entitlement.

## + PROFESSIONAL SUPPORT FOR A RANGE OF ISSUES

Our counsellors and consultants have extensive experience, including but not limited to these areas:

**Workplace conflict**  
**Motivation and self-esteem issues**  
**Absenteeism**  
**Relationship or family problems**  
**Caregiver stress**  
**Mental health issues**  
**Life threatening illness**  
**Drug and alcohol related problems**

**Financial worries**  
**Gambling related problems**  
**Stress management**  
**Critical incidents and crisis intervention**  
**Aggression, harassment, violence and abuse**  
**Organisational change and redundancies**  
**Grief, bereavement and loss**  
**Suicide ideation**



To discuss the specific needs of your organisation, please contact Anna on 0419 533 434 or [anna@workplaceplus.com.au](mailto:anna@workplaceplus.com.au)



## + ABOUT CONNIE JUROSS

### LEAD CONSULTANT, WorkPlacePLUS Employee Assistance Programs

WorkPlacePLUS EAP's are facilitated by Connie Juross, an organisational consultant with 20+ years' experience delivering training, coaching and counselling services to the health, private, public, and NGO sectors, including culturally diverse organisations. Her formal qualifications include social work, mediation, personality disorders and neuro-linguistic programming, with further accreditations and training in coaching, employee assistance programs and MBTI personality assessments.

Connie is passionate about workplace health and wellbeing. She brings an energetic and engaging style to her work, providing support and practical strategies to managers, teams and individuals who are experiencing stress and conflict.

## + EXTRA SUPPORT

LASA Affiliate WorkPlacePLUS provides a number of additional programs and services designed to positively impact on employee behaviours, facilitate long-term transformative learning and build a more resilient workforce, including:

- CULTURAL REVIEWS
- PERFORMANCE MANAGEMENT
- BEHAVIOURAL PROFILING
- TRAINING & DEVELOPMENT
- MANAGER DIRECT ASSISTANCE
- COACHING & MENTORING
- CAREER SUPPORT
- MEDIATION & CONFLICT RESOLUTION

To discuss the specific needs of your organisation, please contact  
 LASA Member Affiliate  
 Anna Pannuzzo:

+ **Email** [Anna@WorkPlacePLUS.com.au](mailto:Anna@WorkPlacePLUS.com.au)

+ **Call** 0419 533 434

+ **Visit** [www.WorkPlacePLUS.com.au](http://www.WorkPlacePLUS.com.au)



**LASA**  
 LEADING AGE SERVICES  
 AUSTRALIA

*The voice of aged care*

**AFFILIATE**  
 2019-20