



What is the Wellness Support Program?

The Wellness Support Program is an initiative designed to 'check in' with individuals who may have recently experienced an increase of stress or distress as a result of an event or general occurrence. This non-clinical program involves a three-step approach to ensure the individual receives the right support:

1. Initially, the individual undertakes a 1-hour consultation with a BSS Psychologist to determine the level of support they may require. This may range from a weekly 'catch up' email to more frequent or involved communications.
2. The next step is for the BSS Psychologist to work with the individual to develop a support plan by guiding the individual to set short-term goals to improve their overall wellbeing. The plan addresses lifestyle areas such as sleep, diet, exercise, stress management, relationships and the management of drug and alcohol use.
3. The Psychologist then undertakes additional assessments to determine if the self-help strategies developed in the support plan are sufficient for the individual or if a referral to the EAP program is required. If required, a referral is made, and the individual participates in the EAP clinical program.

How to Access the Program

Individuals can access directly via self-referral or work groups can be referred by their supervisor (if they have provided permission for this to occur). It is beneficial to clients across all areas of the organisation but especially to those who are undergoing isolation or extended periods away from their families and usual support networks. The Program is available under the EAP entitlement, and paid for by the employer.

Privacy

The Wellness Support Program is bound by the same privacy laws and confidentiality requirements that apply to other EAP services. The employer is not provided with identifying information about who uses the Program.



Counselling available Australia-wide
National and International toll-free counselling support also available 24/7
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