

# Workplace Wellbeing

Support your team's wellbeing with professional counselling services.



The importance of mental health and employee wellbeing to workplace productivity is well- known. Research shows how stress, anxiety, depression and other mental health issues can result in more unplanned absences, including sick leave, as well as higher presenteeism and increased staff turnover. Poor mental health can also negatively impact work quality and social interactions with colleagues.

Mitigating the risk of work-related mental health conditions or psychological injury has become a major focus for workplaces, especially over the course of the COVID-19 pandemic.

Investment in employee wellbeing is also important to improve organisational culture and can assist in talent attraction and retention as part of an organisation's employee value proposition.

ELMO has partnered with Acacia Connection to create ELMO Wellbeing, which provides employees with important health and wellbeing resources. ELMO Wellbeing leverages ELMO technology to improve accessibility and enhance the delivery of health services.



### Confidential professional support

Provide your employees with the best support available. Give them access to experienced, professional and approachable counsellors when they need it.



## Enhance employee experience

Enjoy improved availability to a range of wellbeing resources with access to Acadia EAP right from the ELMO dashboard.



#### Wellbeing insights to refine services

Monthly and quarterly reporting provides valuable insights into the issues employees are seeking help with.

#### Why you'll love it

Face-to-face sessions, phone consultations, video calls or a live chat – counselling support is available to your employees 365 days a year. Know that your team members are getting support when and how they need it.

ELMO Wellbeing incorporates the full range of the ELMO suite for simple access to important mental health and wellbeing information – including the Acacia Connection EAP service, via the ELMO dashboard.

Access high quality, expert written well-being content and resources. And comprehensive reporting and analytics that deliver anonymous, key metrics related to EAP usage.



"All of the administrative processes we have in place are now quicker thanks to ELMO. As a sole HR manager in a 200-strong organisation, it really is like having another team member."

Emma Liston, Human Resources Manager at Lipman

#### **Key Features**

- Access to the employee assistance program (EAP)
  via the ELMO dashboard
- EAP sessions delivered face-to-face, by phone, video, or live chat according to employee preference
- Counselling support 24/7 access, 365 days a year
- Access to high quality wellbeing content and resources, written by subject-matter experts
- Reporting and analytics, providing key metrics relating to EAP utilisation

## Releasing HR's Full Potential

The **only** HR platform that truly fits the needs of mid-sized businesses in Australia and New Zealand.



Onboarding



Recruitment



**HR Core** 



Payroll & Remuneration



Performance Management



Learning Management

