

EWAP

Employee
Wellbeing
and
Assistance
Program

**Building resilient and
mindful organisations**

WHY EWAP ?

Workplace wellbeing is imperative to organisations and employees alike. However, too often, stress and the pressure of work get to us, and adversely impact employee performance and organisational productivity.

Key Offerings

This is a combination of traditional EAP offerings and proactive wellness solutions like Cognitive Behavioral Therapy and Mindfulness. Our unique program helps employees become more resilient and manage their stress



Online Cognitive Behavioral Therapy

This convenient and discreet online program combines self-learning and one-on-one phone support to help you learn to cope with stress and its reactions- Anxiety & Depression.



Mindfulness

Mindfulness is gaining popularity worldwide as an effective stress management practice. We offer workshops and apps to create mindful organisations.



Self-help tools

Employees can access our comprehensive online library for enriching content and use self-help tools related to stress, positive psychology, and emotional wellbeing.



Counselling

We offer a 24/7 telephonic counselling , and crisis management services. Our counsellors are trained in CBT and Positive Psychology.



Workshops and activities

Proprietary workshops and activities will be offered at company locations to help build skills to deal with stress, relationships, and improve emotional wellbeing.



International Services

We provide counselling and wellbeing services for employees that are based in international locations.

STRESS CONTROL ONLINE

Stress Control Online is India's first Online Cognitive Behavioral Therapy (CBT) program. This evidence-based solution helps employees learn coping skills to deal with stress and become more resilient.



**8-week
online program**



Personal coach



Evidence-based



Discreet



Convenient



Built for India



This 8-week program consists of online video learning based sessions supported with weekly phone calls from dedicated CBT trained coaches. The cloud-based product allows users to learn coping skills at home and can be accessed discreetly from a computer or mobile device. It has been built specifically for the Indian population and is designed for use with normal internet speeds. The program also incorporates mindfulness and positive psychology skills to boost wellbeing.

Cognitive Behavioral Therapy (CBT)

Stress Control Online utilises CBT techniques that offer a highly problem-focused approach to a range of issues – work-related, marital or family-related, social or performance-related and personal growth-related.

Cognitive Behavioral Therapy (CBT) is the most established evidence-based form of psychotherapy that helps people learn the coping skills and strategies required to deal with stress. It analyses the interconnection between our thoughts, emotions and behaviors. This highly effective approach focuses on making us aware of our negative and anxiety-inducing thoughts, and enables us to rectify any erroneous assumptions we might make.

The program is ideal for those proactively seeking to equip themselves to deal with stress-related problems in the future.

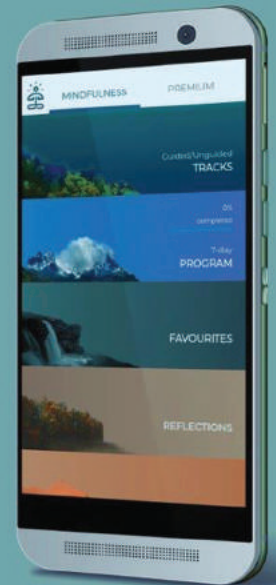
MINDFULNESS

Mindfulness in simple terms means awareness. Practising mindfulness allows us to be completely present in the moment. It can help reduce stress, anxiety, and conflict. It also increases resilience and emotional intelligence, and enhances workplace communication.

Mindfulness has been linked to:

- Increase in emotional intelligence, empathy and self-regulation.
- Improved ability to manage conflict and communicate more effectively
- Greater awareness of one's own emotions and an understanding of how to deal with them
- More compassionate interactions with others

Tranquil
MINDFULNESS APP



SILVER OAK HEALTH

Silver Oak Health is a leading provider Employee Assistance Program in India. The company has developed highly scalable solutions like India's first online Cognitive Behavioural Therapy program and Tranquil Mindfulness programs to help employees learn to cope with stress. The company is led by highly experienced professionals from the Psychology and Human Resources domain who are directly involved in the day to day operations of the company, thus ensuring high quality service. The company offers India's most comprehensive Employee Wellbeing and Assistance Program (EWAP) and is changing how EAP is administered in India. With increasing utilization among employees, the company is consistently providing better value for employers.

Reach out to us

info@silveroakhealth.com

Visit us

Silver Oak Health

#448 28th Main, 10th Cross Rd, 1st Sector, HSR Layout,

Bengaluru, Karnataka 560102

www.silveroakhealth.com

Call us

+91-80-4149-2100

+91-9606194870

