

Jacobsen Holdings Ltd Workplace Wellbeing Services

There are times in all our lives when we encounter personal problems or life crises. It may be work or study stress, relationship concerns, financial problems, bereavement, drug or alcohol use or just about anything. When you have a problem, your work will be affected. If left unresolved the problem could ultimately affect your ability to complete your daily work and create other health concerns.

Your employer wants to ensure that all staff have the opportunity to resolve issues as quickly as possible through access to Vitae services. These services are offered free of charge to all employees as part of your employer's commitment to promoting a healthy work-life balance.

About Vitae

Vitae is a professional employee assistance provider that offers access to a nationwide team of independent counsellors, psychologists and trauma responders. Vitae provides:

- Access to NZAC & NZ Psychological Ass. accredited counsellors & psychologists with a minimum 5yrs clinical practice
- Up to 3 counselling sessions per new issues
- Counselling face to face, by telephone or video (zoom)
- 24/7 contact centre and duty counsellor for emergencies
- Self / Informal / Formal Referral processes

Counselling Service - Tari Whakapakari Ngākau

Through this service you will be able to address issues such as:

- | | |
|---------------------------|-------------------------|
| • Personal or work stress | • Relationship problems |
| • Conflict situations | • Anxiety / depression |
| • Grief / loss | • Violence |
| • Harassment | • Personal trauma |
| • Addictions | |

Post Trauma Support - Rātonga Tiakiwairua

In the event of a serious workplace or personal incident, employees are likely to experience a wide range of reactions as a result of being involved in an unnatural occurrence.

Vitae's team of trained trauma responders may be mobilised by management to provide immediate post incident support that will assist staff return to normal functioning. This is a 24/7 service.

Confidentiality

All Vitae services are confidential. Anything you discuss remains confidential; no one else receives any details about your discussions without your permission unless you are at risk to yourself or others.

Accessing Vitae Services

To arrange an appointment, complete a self referral form by clicking on this link.

Counselling - Online Referral Form

If you would like to review the counsellors available and choose a specific person, please click on this link.

Vitae Counsellor Profiles

Or call the 7 day, 24 hour free-phone

0508 664 981

What will it cost me?

Not a cent. Your employer provides these services at no cost to you.

Cancellation policy

If you are unable to keep an appointment you must give at least 24 hours' notice of cancellation. If you do not provide adequate notice your counselling entitlement will be reduced.

For more about Vitae

Vitae is a national provider of a range of workplace wellness services. Its focus is on enabling speedy access to psychological services that help to resolve issues and maintain a safe, healthy and productive work environment. Vitae has more than 50 years' experience in providing innovative programmes for people in New Zealand, enhancing the well-being of organisations and individuals.

Visit the website: www.vitae.co.nz or call us on

0508 664 981