

2. Basic EAP Package

Basic EAP package valid for 1 year



In-person or Webinar Training

2 one-hour sessions
Click [here](#) to view topics

Topics chosen to address specific needs

In-person sessions can be conducted onsite at the company workplace



Workplace Wellness and Resilience Course

Online Group Sessions

3 online modules on:
Understanding Stress
Self-Care
Mood

Group sessions can be repeatedly screened to maximise reach.
Click [here](#) for details

Modules 1 – 3
Each module is 90 minutes long and is made up of 6 micro-lessons



Individual E-learning + Certification

Individual E-learning Track
for self-learning + certification

*15 individual login accounts for e-learning with certification

Click [here](#) for details

1. Develop mental health first aid skills
2. Enhance career development



Helpline

Call to book a confidential counselling session
9 – 6pm on weekdays
9 – 12pm on Saturdays

A counsellor will call back within 24 work hours for urgent cases



Email Service

Dedicated email enquiry service to make an appointment or clarify concerns

Respond within 1 working day

Email: mindwealth360@promises.com.sg



Confidential Counselling / Life Coaching

****** 8 one-hour Counselling / [Life Coaching](#) sessions

In-person or virtual sessions conducted by [Promises Healthcare](#) professional staff

Each employee is entitled to up to 3 sessions. [Life Coaching](#) is provided by Promises Executive Coaches

GST not included

S\$4,600

***** Additional e-learning accounts can be purchased at S\$10 per account or S\$80 for 10 accounts ([click here](#)).

****** Additional Counselling/Life Coaching sessions can be added at a discount ([click here](#)).
