

SADAG

CORPORATE SERVICES & SUPPORT PROGRAMMES

TAILORED TO MEET YOUR COMPANIES REQUIREMENTS

✉ admin@anxiety.org.za 📍 www.sadag.org



INTRODUCTION

SADAG'S Employee Assistance Programme(EAP) aims to enhance Mental Wellbeing in the workplace by providing support to persons experiencing professional or personal problems, which adversely affect their quality of life

BENEFITS

- Positive work environment and morale
- A reduction in absenteeism
- Increased productivity
- An improvement in work-life management
- Lower incidence of burnout

RESEARCH

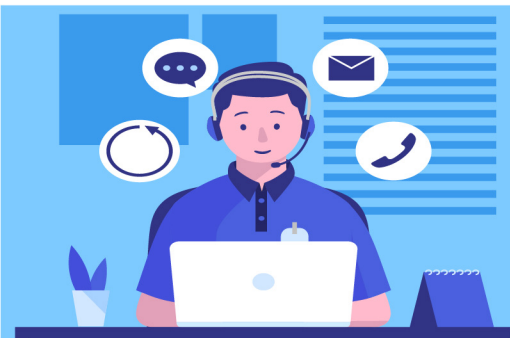
1:4 South African employees have been diagnosed with Depression

80% take time off work because of Depression

18 DAYS On average people with Depression took 18 days off work due to their Depression

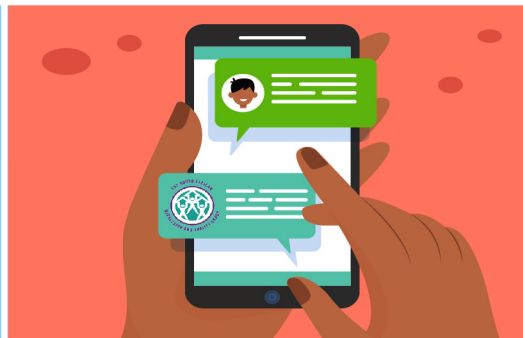
54% people who experience Depression said they took more time to do simple jobs

COUNSELLING HELPLINES



Dedicated 24-hour toll-free helpline providing unlimited telephonic counselling and support 365 days a year by SADAG trained counsellors.

WHATSAPP OR ONLINE SUPPORT



A dedicated WhatsApp number offering employees a way to directly communicate with a counsellor via a chat platform.

WELLNESS DAYS, TALKS AND WEBINARS



Mental Health talks, webinars and training on Mental Health topics for EXCO, managers, health & safety teams. Wellness stands are also available.

MENTAL HEALTH INFORMATION



Knowledge is power. SADAG has Mental Health information and self help tips in form of brochures, handouts, graphics, infographics and videos.

SURVEYS AND REPORTS



Monthly reports containing an overview of the services rendered. Regular surveys can be done to track customers satisfaction and interests.

MENTAL HEALTH SUPPORT GROUPS



SADAG has over 180 free Support Groups throughout the country covering different topics such as Depression, Anxiety, Bipolar, Trauma, Chronic Illness & Substance Abuse.