

EWAP

Employee
Wellbeing
and
Assistance
Program

**Building resilient and
mindful organisations**

Key Offerings

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

Silver Oak Health offers the most comprehensive EAP services in the country that has a combination of traditional EAP offerings and proactive wellness solutions like Cognitive Behavioural Therapy and Mindfulness.

Our wellbeing programs helps employees become more resilient and manage their stress. We are India's leading EAP services provider and cover over a million lives including employees and family members. We are also an ISO 27001 certified company and has strong policies and systems to protect confidential and sensitive client information.



Counselling

We offer 24/7 counselling in multiple Indian languages as well as crisis management services. Counselling is available via phone, video or face-to-face PAN India.



Online Cognitive Behavioural 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 a Tranquil app to practice and introduce mindfulness in employees' lives, thus creating 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.



Peer Support Groups

Employees can join various peer support groups based on their interest to learn from each other strategies to cope with stress.



Workshops & Activities

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



Wellbeing and beyond

We offer diet and nutrition counselling, work-life balance assistance as well as legal/financial counselling for employees.



International Services

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



Digital tools

An online portal and app to access counsellors, online assessments, and an HR utilisation dashboard makes our program accessible any time for employees as well as managers.



Special programs

We also offer services for Diversity, Equity and Inclusion (DEI), Prevention Of Sexual Harassment (POSH) as well as Maternity Support Program (MSP), Substance abuse cessation and exclusive programs for members of LGBTQ+ communities

STRESS CONTROL ONLINE

Stress control online is India's first Cognitive Behavioural 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 consist 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 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 Behavioural Therapy (CBT)

Stress Control Online (CBT) techniques that offers a highly problem - focused approach to a range of issues work - related, martial, or family - related, social or performance - related and personal growth - related.

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

MINDFULNESS

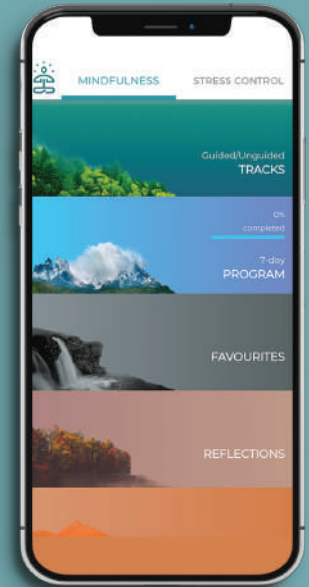
Mindfulness is a simple term means awareness Practising mindfulness allows us to be completely present in the moment. It can help reduce stress, anxiety, and conflict. It also increases resilience and emotional intelligence, and enhances workplace communication

Mindfulness has been linked to

- Increases in emotional intelligence, empathy, and self – regulation
- Improved ability to manage conflict and communicate more effectively
- Greater awareness of one's own emotion and understanding of how to deal with them
- More compassionate interaction 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 program 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 EAP is administrated in India. With increasing utilization among employees, the company is consistently providing better value for employees.

Reach out to us

Info@silveroakhealth.com

Call us

+91 80 41 49 21 00

+91 96 06 19 48 70

Visit us

447, 1st Floor, Sri Sai Heights, 17th Main,
17th Cross Road, Sector 4, HSR Layout,
Bengaluru, Karnataka 560102

