



SILVER OAK HEALTH

We create Resilient, Mindful, and Safe Organizations

- Employee Assistance Program (EAP)
- Prevention of Sexual Harassment (POSH)
- Diversity, Equity, Inclusion, and Belonging (DEIB)



EMPLOYEE ASSISTANCE PROGRAM (EAP)

Silver Oak Health offers a comprehensive Employee Wellbeing and Assistance Program to safeguard and promote the emotional wellbeing of individual employees, as well as facilitate organisational growth, and productivity. Our offerings include:

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: 2013 certified company and have 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. We also offer onsite counselling at client offices.



Online Cognitive Behavioural Therapy

This convenient and discreet online program combines self-learning and one-on-one phone support to help employees 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 others 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.



Wellness 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.



PREVENTION OF SEXUAL HARASSMENT (POSH)

Silver Oak Health offers a POSH compliance cloud: **TruProtect**, a digital solution to help companies better manage POSH in their organizations. The company has full-time legal experts who will assist corporate clients to establish compliance-related processes and redressal mechanisms. These legal professionals are based in all major Indian cities to help your organization follow the necessary guidelines to create a safe and healthy environment for all employees.



POSH Compliance Cloud solution

Our POSH Services include:

- Drafting and reviewing anti-sexual harassment policies
- External committee member services
 - Schedule IC meetings
 - Handle cases from employees
 - Annual filing at Government Offices
- Conducting awareness training for:
 - All employees
 - Internal Committee Members
 - HR Managers and Leaders
- Award winning e-Learning modules for managers and all employees
- Awareness support around the year



DIVERSITY, EQUITY, INCLUSION, AND BELONGING (DEIB)

Our focussed interventions help organizations foster a culture of equity, inclusion, and belonging. This is a business imperative and can help elevate financial performance, innovation, market share, and team collaboration. Our DEIB services include:

➤ Women as Emerging Leaders: Leadership Development Program

- Virtual and Onsite sessions
- Self-discovery to Building alliances
- Case methodology and Role plays
- Peer learning and much more

➤ DEIB Webinars

We deliver highly engaging webinars on DEIB topics

- Women employees
- LGBTQ+ Inclusion
- Inclusion Programs

➤ DEIB Interventions

- Inclusion survey
- Peer Support Group
- Maternity Support Programs



SPECIAL PROGRAMS

- ▶ Mental Health First Responder Certification
- ▶ Wellbeing Champion Training
- ▶ Mindfulness Training Program
- ▶ Wellbeing coaches for Content Moderation
- ▶ Onsite events for mental health awareness
- ▶ Mental Fitness Program (MFP) for factory employees
- ▶ Wellbeing services for Night Shift employees
- ▶ Onsite counselling services



Silver Oak Health

Silver Oak Health (www.silveroakhealth.com) is India's leading EAP services company serving over a million lives, including employees and family members. The company is being chosen as the preferred partner for EAP, POSH, and DEIB services by top corporate customers. Silver Oak Health was established in Bangalore in **2015** and provides services PAN India. Silver Oak Health is also an ISO **27001: 2013** certified organization.



Contact Us

- ☎ **080-4149 2100/+91 96061 94870**
- ✉ **info@silveroakhealth.com**
- 🌐 **<https://web.silveroakhealth.com/>**