

Employee Well-being Support Program - EE

Employee Well-being Support Program (EAP)

INTRODUCTION

The New Employee Wellbeing Support Program (or employee assistance program) has been implemented worldwide since January 2023! All countries and sites are now covered with the same program.

You will find [here](#) the **flyers by country with all the contact information**. Please use the flyers of **your country and not only the language**. The phone numbers and access codes are different in each country.

Introduction to the New Employee Assistance Program

It will give easy, free and confidential access to mental health and other support services. Syensqo puts in place the Employee Wellbeing Support Program that guarantees the availability of the following individual services to the employee and the members of an employee's household:

- First confidential contact with a psychologist via multiple modalities (phone, chat, website...)
- Up to six sessions (per distinct situation or issue) with a psychologist in the local or preferred language (face-to-face or virtually)
- Work/Life Services: help finding resources/solutions to practical problems (find childcare solutions/housing solutions for elderly parents/find an attorney...)
- Individual mindfulness coaching sessions (by phone)
- Wellness Coaching : individual coaching sessions on health topics such as smoking cessation or weight control
- Life Coaching: Individual sessions to navigate life transitions and maximizing personal and professional well-being. Change/Transition Management, Time Management and Organization, Career Development, Work/Life Balance, Personal Growth and Development.
- Return to Work for New Parents

You can find all the detailed services [here](#)

READ MORE DETAILED INFORMATION ON THE **EAP** BELOW

If you are new to Syensqo's Wiki space, you may need to link your Google Drive in order to see embedded documents.

Follow the instructions [here](#).

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- [Country & Site Benefit Plans & Programs](#)
- [Country & Site Employee Policies & Forms](#)

