WHAT CAN THE CAP ASSIST ME WITH?

Whether you're facing a challenging situation at work or you would like coaching to help you enhance your overall wellbeing, the Benestar team is here to help. They can assist with;

+ Support for mental health
+ Strategies to create better work-life balance
+ Managing stress
+ Guidance on parenting issues
+ Advice on how to improve your fitness and nutrition
+ Specialist support for people leaders
+ Improving relationships and more...

HOW MANY CAP SESSIONS CAN I HAVE?

5 Sessions

WHAT IF I NEED LONGER TERM OR SPECIALISED SUPPORT?

The counsellor will discuss options available and will help connect you with a service if longer-term or specialised support is required.

HOW DO I PREPARE FOR A CAP SESSION?

Set aside a few minutes before the session reviewing questions such as:

+ How would you like to improve certain aspects of your life?
+ What do you want to get out of the CAP?

HOW TO ACCESS THE CAP

CAP appointments can be made by simply telephoning Benestar and mentioning Apiam's Client Assistance Program:
1300 360 364

LOG IN ONLINE

To access a vast library of health and well-being resources anywhere, anytime from your preferred device visit www.benestar.com and go to the BeneHub login to create an account. Company details:
ID: APIAM | **Token:** APIAM01



Apiam animal health

CLIENT ASSISTANCE PROGRAM



1300 360 364
www.benestar.com

Apiam animal health

Apiam animal health



WHAT IS THE APIAM CLIENT ASSISTANCE PROGRAM (CAP)?

The CAP is short term, solution focussed counselling and coaching to deal with work and life issues.

This service is provided by an independent, professional organisation called Benestar. All counsellors are qualified, experienced professionals who have extensive training and experience in counselling, coaching and workplace consulting.

WHAT WILL IT COST ME?

There is no cost to you or your immediate family members. Apiam Animal Health is funding this well-being initiative.

WHO CAN USE THE APIAM CAP SERVICES?

All Apiam clients.

IS MY INFORMATION CONFIDENTIAL?

Yes it is. The psychologists and social workers are bound by their code of conduct which prevents them from breaching confidentiality. The only time this will occur is if there was a concern for your safety or the safety of others, or if the information has been subpoenaed.

HOW CAN CAP COUNSELLING ASSIST ME?

CAP is solutions focused and can help you to clarify a problem, identify options, and develop plans to approach difficult situations.

WHAT CAN I EXPECT DURING A CAP SESSION?

You can speak openly about a range of personal and work related issues, discuss strategies, gain information and advice to improve your well-being and satisfaction with life.

IS THE CAP FACE TO FACE?

Consultations are available face to face, over the telephone, via video, or online, the counselling discussion is informal, friendly, and focused on your needs.

Apiam animal health