

# Employee Assistance Programme



MINDWEALTH 360





# Promises Healthcare

## More than a Mental Health Clinic

### 2011

Promises Healthcare was founded by Dr Munidasa Winslow who is renowned internationally as an expert in the addictions field. We are one of the preferred service providers in Singapore for addiction and mental health treatment and recovery.

### Dr Winslow



### Our Services

We provide a comprehensive range of clinical psychiatric and psychological services that work holistically and are an established provider for corporate and social programmes and training pertaining to addictions, mental health, and skills education in the Asia Pacific region.

### Multi-Disciplinary

General Mental Health, Addictions Recovery and Relapse Prevention, Child and Adolescent Psychological Services, Family and Relationship Services, Teleconsultations, GP Services, Medico-Legal, Psychodrama, MindWealth 360 Employee Assistance Programmes.

# MindWealth 360

We are the training division of Promises Healthcare and are supported by a diverse range of services. MindWealth 360 helps corporate organizations to develop mental wellness and resilience amongst employees as part of their Employee Assistance Programme (EAP).

# Employee Wellness

MindWealth 360 aims to support employees with personal, family, or work-related challenges that may impact their mental health and emotional well-being. Our programmes seek to help employees achieve a fulfilling and productive work-life harmony.

# We Are Here for You.

## **Employee Wellbeing Webinars**

Wide range of in-person workshops or webinars to support employees in their career and personal development.

## **Confidential Helpline**

The helpline is an extremely useful resource for employees who are in need of a listening ear, or emotional and social support.

## **Individual Counselling / Coaching**

A safe place to gain perspective and a valuable process to prevent issues from snowballing down the line.

# Workplace Wellness and Resilience Training

## How do these e-learning training modules work?



Five core dimensions of workplace wellness and resilience, namely - Understanding Stress, Self-Care, Mood, Conflict Management, and Performance. Each module is 90 minutes long and are structured into 6 microlessons.



Managerial Care Tools - an additional module that equips individuals with skills to become mental health advocates and identify mental health issues, which is especially relevant for managers and Human Resource (HR) personnel. This module is 120 minutes long and is structured into 8 microlessons.

# E-Learning



## Online Modules



Understanding Stress || Self-Care  
Mood || Conflict Management  
Performance || Managerial Care Tools

## Individual Certification



E-learning at your own pace. Each  
microlesson comes with engaging  
activities and a review quiz to  
reinforce the learning experience.

## Workplace Mental Health Advocate



Get certified as a Workplace Mental  
Health Advocate after successful  
completion of all six modules.

# OTHER SCOPE OF SERVICES

## PROMISES CLINIC



- PSYCHIATRIC CARE & FAMILY SERVICES

- PSYCHOLOGICAL ASSESSMENT & THERAPY

- CHILD, YOUTH, COUPLE & FAMILY SERVICES

- DRUG, ALCOHOL, SEX, INTERNET ADDICTION SERVICES

