

EMPLOYEE WELLNESS PROGRAMME



Provided by Wellness Services Tanzania Limited

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Annual Benefits:	EWP Benefit
Unlimited Access by Toll-Free Mobile lines to Swahili/English Support Line 24/7	Included
Unlimited Confidential Telephonic Advice, Counselling and Referral for HIV/AIDS	Included
Unlimited Telephonic Professional Counselling for Sexual Harassment or Assault, Gender Based Violence, Financial Management, Health, Personal, or Work Related Problems	Included
Unlimited Telephonic Managerial Consultancy for Sexual Harassment Issues, Stress Management, Crisis Management, Cultural Diversity or Performance Management of Employees	Included
Face-to-Face Professional Counseling with a Tanzanian Psychologist upon Referral from Support Line Counsellor- subject to a maximum of 6 sessions per problem	Included
Professional Psychological Counselling for Intimate Relationships / Marriage, Gender Based Violence (Victim or Abuser), Depression, Suicide Ideation, Financial Problems, HIV/AIDS Support and ARV Compliance, or Substance Abuse	Included
One 2-hour Wellness Workshop and HIV/AIDS Awareness for Employees at workplace per year can also include Sexual Harassment, EWP Orientation, Financial Management, Chronic Illnesses, Psycho-Educational Topics, Relationships, or Stress Management Training.	Included
One 2-hour Managerial Training at workplace per year during employee training can include EWP Formal and Informal Referrals, Spotting a Troubled Employee, Sexual Harassment Counselling/Reporting, Diversity Training	Included
Psycho-Trauma Assessment for all Work Related Injuries, Treatment and Documentation	Included
Crisis Response/Critical Incident Stress Debriefing at workplace	Included
Annual and Periodical Reports on EWP Utilization	Included
Optional work sites programmes or at our offices: VCT, HIV/AIDS support groups, Weight Loss, Substance Abuse Prevention, Intimate Relationships, Financial Management Training, Diversity Training, Swahili Language Training.	Optional

Note: Transportation and accommodation outside of Dar es Salaam to be paid by client company

WELLNESS SERVICES TANZANIA

Components of the EWP are accessed through the 24/7 Telephone Support Lines

24 hour CONFIDENTIAL services

Life Management Services



Telephone Counselling



Managerial Consultation



Face-to-Face Counselling

