



Psychological Services for Healthcare, Legal and Care Professionals

Juggling life, your own well-being and mental health while helping others and managing a busy workload can feel hard.

We are passionate about providing effective and confidential mental health support for care professionals through a collaborative approach using evidence-based treatments. Axis Clinic provides psychological support for:

- Health Care Professionals
- Legal Professionals
- Allied Health Professionals
- Care Professionals such as Vets, Dentists & support workers

As we ourselves work in the healthcare profession, with many of our clinicians previously working in various hospital and healthcare settings, we are aware of the unique pressures and challenges practitioners and care workers face on a daily basis. We also acknowledge there is often stigma and unrealistic expectations present within the health, legal, and care industries, which can make the decision to seek help challenging.

No referral is necessary, to make an appointment please contact our friendly reception team.

For more information about our services for health practitioners, please visit our website.

We offer a free 20 minute phone consultation with one of our directors for health professionals who are deciding if therapy is right for them.



2024 Employer Information Guide

Employee Assistance Programs

CONTENTS

01 OUR STORY

02 EMPLOYEE ASSISTANCE PROGRAMS WITH
AXIS CLINIC

02 THE AXIS DIFFERENCE

03 THE BENEFITS OF AN EAP

04 SUPPORTED IMPLEMENTATION AND DEDICATED DAY TO DAY SUPPORT

05 WHO WE WORK WITH

06 MENTAL HEALTH RESOURCES FOR YOUR
EMPLOYEES

07 MONTHLY WELLBEING REPORTING

08 PACKAGES

10 ADDITIONAL SERVICES

ZOE LUCOCK
PRACTICE MANAGER - AXIS CLINIC

email: practicemanager@axisclinic.com.au
phone: (07) 3254 0333





Employee Assistance Programs 2024 Employer Information Guide

About Axis Clinic

About Axis Clinic

Our Story

Axis Clinic is an experienced team of Psychologists (Clinical, Neuro, General and Provisional), Counsellors, Mental Health Social Workers and Dietitians, working together through a collaborative approach to mental health care. We have been providing mental health services across Australia for more than 10 years and we are focused on delivering continuity of care for individuals and their extended support network of family, carers & friends.

Axis Clinic provides mental health care for individuals, couples, children, adolescents, parents & families. Our treatment plans draw upon various evidenced-based psychological approaches including Dialectical Behavioural Therapy, Cognitive Behaviour Therapy, Acceptance & Commitment Therapy, as well as Motivational Interviewing & Psychodynamic Ideas. We understand what it means to be human and when it comes to mental health, it is personal. Our interactions are shaped by authenticity, compassion and genuine care.

We understand the intersect between a person's working life, mental health and their overall wellbeing and believe that the wellbeing of an organisation's employees is central to its success. We're passionate about working alongside businesses to provide flexible Employee Assistance Programs (EAP) that can move with them as they grow.

Carolyn & Kylie

Axis Clinic Directors

ANNERLEY + NEW FARM

📍 852 Brunswick Street, New Farm QLD, 4005

📍 524 Ipswich Road, Annerley QLD, 4103

T: 07 3254 0333 | F: 07 3254 0344 | eap@axisclinic.com.au | www.axisclinic.com.au



Employee Assistance Programs 2024 Employer Information Guide

Employee Assistance Programs

The Axis Difference

Flexible, comprehensive care that can adapt to your changing needs

Here at Axis Clinic we adopt a flexible, responsive approach to Employee Assistance Programs. This means we're quick to act when you need us and there are no excessive wait times and no disjointed systems to navigate. We're passionate about understanding your needs and team culture to make sure your program is providing meaningful, effective support for your employees. You will have direct access to our practice manager and clinic directors for focussed solutions and supports in line with your team and business goals.

We're an established practice with highly experienced clinicians

Axis Clinic is an established, highly experienced, close team of clinicians. We work together to offer comprehensive and proactive responses for businesses and organisations to address concerns that over-time may erode business performance, efficiency, staffing and culture.

We work with organisations both big and small

Axis Clinic provides tailored Employee Assistance Programs to small-medium businesses, large national organisations, not-for-profits, government and industry. An Employee Assistance Program with Axis Clinic provides your business with confidential and solution focused counselling to employees and their families.

ANNERLEY + NEW FARM

📍 852 Brunswick Street, New Farm QLD, 4005

📍 524 Ipswich Road, Annerley QLD, 4103

T: 07 3254 0333 | F: 07 3254 0344 | eap@axisclinic.com.au | www.axisclinic.com.au



Employee Assistance Programs 2024 Employer Information Guide

Employee Assistance Programs

The Benefits of an Employee Assistance Program

Why implement an employee assistance program (EAP)?

Over the years, we've come to appreciate that our working lives and personal lives are more connected than we think. Employee mental health and wellbeing is closely connected to business culture, performance and stability. This is why implementing an employee assistance program is vital to any business.

The aim of an EAP is to improve business performance and save money in the long-term by proactively responding to employee issues and wellbeing.

Implementing an Employee Assistance Program has been shown to:

- Reduce absenteeism
- Improve retention, turnover and stress issues
- Encourage a positive and constructive culture
- Reduce workplace conflict and dissatisfaction
- Proactively address any risks or issues that are likely to escalate for a business

A cost-effective approach

We understand that no two businesses are alike and every business has their own unique team culture. This is why we provide a tailored approach to structuring your program so you only pay for the services that are relevant and meaningful to your business.

When working with us to design your program, we will take the time to understand the core needs of your business and consider future challenges you might face.

ANNERLEY + NEW FARM

📍 852 Brunswick Street, New Farm QLD, 4005

📍 524 Ipswich Road, Annerley QLD, 4103

T: 07 3254 0333 | F: 07 3254 0344 | eap@axisclinic.com.au | www.axisclinic.com.au



Employee Assistance Programs 2024 Employer Information Guide

Employee Assistance Programs

Employee Assistance Programs with Axis Clinic

Dedicated Implementation Support

Dedicated support to implement and transition to Axis Clinic as your EAP Service Provider. This includes a tailored implementation guide, staff resources and HR resources to ensure that you have everything you need from the beginning.

Program Design

The option to tailor our EAP packages to suit your organisation's needs to provide comprehensive psychological support to your employees and/or their families.

Relationship Management

Work closely with our clinic directors and management team who will take the time to understand your business and the unique needs of your employees.

Tailored Mental Health and Wellness Resources

Gain access to our online library of short courses, group therapy programs, e-books and support tools. Work with us to create unique mental health resources for your employees.

ANNERLEY + NEW FARM

📍 852 Brunswick Street, New Farm QLD, 4005

📍 524 Ipswich Road, Annerley QLD, 4103

T: 07 3254 0333 | F: 07 3254 0344 | eap@axisclinic.com.au | www.axisclinic.com.au

WHO WE WORK ALONGSIDE



**BRISBANE
POWERHOUSE
ARTS**

Lawyers | **McCullough
Robertson**



SHADOWSAFE

Challenge DV
YOUR WORKPLACE PARTNER TO END
DOMESTIC & FAMILY VIOLENCE



Value Dental Centres
CROWNS | IMPLANTS | WISDOM TEETH

Place.



add
staff+
Group

Queensland Gaskets

Employee Assistance Programs 2024 Employer Information Guide

Resources

Mental Health Resources

Resources to help your employees expand their mental health toolkit

We work closely with our clients and their Human Resources or Learning and Development teams to deliver relevant and meaningful mental health resources.



Monthly Workplace Pulse Survey

Our monthly Workplace Pulse Survey is designed to help you gauge the mental wellbeing of your employees and departments through a quick 2 minute survey comprised of simple industry benchmarked questions.



Monthly Workplace Wellbeing Bulletin

Our Workplace Wellbeing bulletin provides helpful information and resources for your employees and leadership teams to expand their mental health tool-kit. Included in each bulletin is a mental health tip sheet which focuses on a specific theme and includes helpful strategies.



+ more



Group Programs & Mental Health Courses

We are passionate about providing lower-cost options for individuals seeking mental health support and creating accessible group programs to support our communities. We can work with you to develop online resources and tools for your workplace.

ANNERLEY + NEW FARM

📍 852 Brunswick Street, New Farm QLD, 4005

📍 524 Ipswich Road, Annerley QLD, 4103

T: 07 3254 0333 | F: 07 3254 0344 | eap@axisclinic.com.au | www.axisclinic.com.au

Monthly Wellbeing Reporting

We offer monthly reporting to our EAP clients so you can see the real-time benefit of your program and gain a deeper understanding of the needs of your employees.



Monthly EAP report

This monthly report can be tailored to your specific needs and adjusted as you grow. Our standard reports include:



Overall New Referrals and Service Utilisation



Geographic Breakdowns of Service Utilisation



Service Utilisation by Month for the last 6 months



Service Utilisation by First Appointment Timeframe



Service Utilisation by Users, Gender, Type of Access, Age, and Issues

ANNERLEY + NEW FARM

📍 852 Brunswick Street, New Farm QLD, 4005

📍 524 Ipswich Road, Annerley QLD, 4103

T: 07 3254 0333 | F: 07 3254 0344 | eap@axisclinic.com.au | www.axisclinic.com.au



Employee Assistance Programs 2024 Employer Information Guide

Pricing

Start with one of our tiered packages or create your own

We know that creating a new program or transitioning an existing program is a big task and we are passionate about taking out the guess work so you can choose a program that fits.

This is why we have created simple, flexible, transparent pricing so you can make informed decisions from the start.

What's the next step?

If you are interested in learning more about how Axis Clinic can support your organisation or would like to discuss pricing options for your program, please get in touch with us to schedule an initial consultation. This is a great opportunity for us to learn more about your organisation and walk through the possibilities for your EAP.

In this consultation we will take the time to understand the current impacts on wellbeing in your workplace, your current needs and concerns to see how we can support you moving into the future.

PROGRAM CONTACT:

ZOE LUCOCK
PRACTICE MANAGER - AXIS CLINIC

email: practicemanager@axisclinic.com.au
phone: (07) 3254 0333

ANNERLEY + NEW FARM

📍 852 Brunswick Street, New Farm QLD, 4005

📍 524 Ipswich Road, Annerley QLD, 4103

T: 07 3254 0333 | F: 07 3254 0344 | eap@axisclinic.com.au | www.axisclinic.com.au



Employee Assistance Programs 2024 Employer Information Guide

Additional Services

Boost your employee support services

We offer a variety of additional support services as pay-per-service (if not already included in your package). For more information or pricing on these services please contact us.

On-call support line for employees after-hours

Fitness for work assessment

Drug and alcohol and mental health assessments

Cognitive assessments

Management support and leadership coaching

Workshops and trainings

Welfare check and risk management advice

Critical incident support

Return to work or injury support

Mediation and conflict resolution

ANNERLEY + NEW FARM

📍 852 Brunswick Street, New Farm QLD, 4005

📍 524 Ipswich Road, Annerley QLD, 4103

T: 07 3254 0333 | F: 07 3254 0344 | eap@axisclinic.com.au | www.axisclinic.com.au



COMPASSIONATE, COLLABORATIVE +
COMPREHENSIVE MENTAL HEALTH CARE

www.axisclinic.com.au