FREEDOM WELLNESS

Manager Assist



As a manager, supervisor, or team leader, your employer expects you to handle a lot of responsibility at work, whilst also balancing personal and family obligations, To support you with these challenges, your Manager Assist service is available to provide free, confidential information, referrals, and counselling. Support is available on topics including work-life balance, recognising troubled employees, discussing difficult subjects, workplace transition, handling grievances, stress management, referring employees to counselling, and more.

Your Manager Assist service is a free, confidential, and independent resource to help you balance your work, family, and personal life. Available any time, any day, by phone, email, or online, the service provides information, resources, and counselling on any of the challenges that life may bring.

FREEDOM
HEALTH INSURANCE