

Freedom Wellness

Achieving balance through total wellbeing and support



Your benefit is staffed by a team of highly trained and qualified professionals who are experts in fields such as well-being, family matters, relationships, debt management, workplace issues, consumer rights, and much more. You can be confident that the information you receive is accurate, up-to-date, and relevant to your particular circumstances.

Your Assurance of Confidentiality

The service is provided by Workplace Options, an expert provider of employee support services that is completely independent of your organisation. When you contact the benefit, the only information required from you is the name of your employer. Any additional information you share is at your discretion and appropriate to your need. You can be assured that Workplace Options is bound by professional standards regarding confidentiality and the disclosure of details of individuals who have contacted the benefit.



Service Overview:

- Available 24 hours a day, 7 days a week, 365 days a year
- Accessible by phone, e-mail, instant messaging, and website
- No cost to you
- Assistance with any work, personal, or family issues
- Professional consultation, short-term counselling, information, resources, and referrals to services in your local area
- Confidential and independent from your employer
- No limit to the number of issues you can gain support on

Family & Relationships

- Child care
- Education
- Eldercare
- Juggling work and family life
- Caring for others
- Domestic violence or abuse

Daily Living

- Consumer rights
- Health and wellness
- Debt and money management
- Relocation
- Community resources

Life Events

- Pregnancy and new baby
- Adoption
- Marriage and cohabitation
- Separation and divorce
- Moving home
- Bereavement and loss
- Retirement

Personal

- Emotional Wellbeing
- Managing stress
- Anxiety and depression
- Disability and illness
- Substance and alcohol misuse
- Addictions and compulsive behaviours
- Personal development

Work

- Work-life balance
- Bullying and harassment
- Workplace pressure
- Managing change
- Workplace relationships
- Career

These are examples of the topics covered and not an exhaustive list. You can contact the benefit for support.

Online Support

Support is also available on your benefit website. Simply log on with your organisations username and password to access:

- An extensive range of articles, tips, links, and searchable databases
- LiveConnect - instant messaging with an information specialist/counsellor
- Online Seminar Events - new events added to the site monthly and recorded for anytime access
- Financial Centre - information resource; all the best financial tools and content in one place

Access is easy:

No matter when, no matter where, you have access to professional support to help you balance your work, family, and personal life.