



Harmony  
Counselling

Gain Clarity  
Restore Balance

# Corporate Mental Health Services

**“For companies with flexible employee benefits and insurance provision, consider extending the scope of coverage to include mental well-being programmes and mental health consultations. This signals the company’s desire to support its employees in overcoming mental health challenges.”**

Tripartite advisory on mental health and well-being at workplaces - Nov 2023

## The Issue

Happiness at home and happiness at work are intertwined more than ever and companies can take a leading position to support their employees in both arenas.

Our independent research shows there is an unseen problem affecting one in every 3 or 4 employees, and this could be holding back your business. It also shows there is a great opportunity for companies to improve their business performance by paying attention to the way they support their employees.

## The Benefits

- Reducing absenteeism due to stress-related illnesses and fatigue.
- Improving clarity, concentration & decision-making for staff who feel under pressure.
- Resolving causes of conflict, often linked to problems at home, for better teamwork.
- Making employees feel valued, happy and loyal. This is good for business.

## Why Choose Us

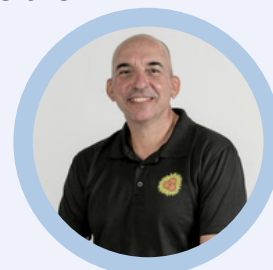
Harmony Counselling is one of the few counselling agencies which offers specifically tailored corporate counselling support services in Singapore.

With over 25 years of commercial experience, Director & Counsellor, Martin Williams, gives us a level of professionalism and understanding of the corporate environment which few other counselling agencies can match.

## Our Solutions

We provide guidance for your employees, ensuring their mental and emotional wellbeing are maintained through:

- Individual counselling
- Wellbeing presentations & workshops
- Support group sessions



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+65 8908 2187