



Latest Update: May 2025

## **MGA Employee Assistance Program (EAP) Add-Ons**

The Employee Assistance Program (EAP) at MGA Counselling Services is designed to promote the wellbeing of staff in small to medium-sized organisations. Our goal is to provide professional, high-quality support in a way that remains accessible and affordable. In addition to the core offering, a range of optional extras can be added to suit the needs of your team. Some of these options come with an additional cost, while others are only charged when used.

### **Supervision**

For organisations whose staff require clinical supervision to maintain professional accreditation, MGA can provide external supervision sessions as part of the EAP. Typically, professional bodies recommend ten sessions per year, although not all need to be included in your program. These are billed at our standard counselling rate.

### **Couples Counselling**

If relationship concerns are a priority for your staff, you can choose to allow EAP sessions to be used for couples counselling. These sessions are charged the same as individual appointments and provide valuable support in times of relational strain.

### **Counselling for family members**

Some workplaces like to extend their EAP coverage to include family members. If a spouse or child of an employee needs support, they can access a set number of sessions under your agreement with MGA. This is a meaningful way to support the broader wellbeing of your team.

### **BYO Counsellor**

We also offer a flexible "Bring Your Own Counsellor" option. Sometimes, employees already have a trusted therapist and would prefer not to start over with someone new. This add-on allows you to fund a number of sessions with their existing practitioner. MGA takes care of the administration and confidentiality, with a \$50 processing fee applied to each invoice. You can choose to cover either a certain number of sessions or set a dollar limit.



## **Critical Incident Debrief**

In the event of a traumatic incident affecting your workplace or staff, MGA can provide critical incident debriefing either onsite or online. This service helps teams process and begin to heal from difficult experiences.

## **Team/Wellbeing Days**

Subject to availability, the MGA team can also organise creative and nature-based wellbeing days. These are engaging, team-focused events that promote a fun and refreshing approach to mental health and team dynamics.

## **Professional Development**

Professional development is another area where MGA can add value. Our team members bring a wide range of expertise and can deliver workshops on topics such as grief, forest therapy, self-care strategies, and building resilient mental health.

## **Advanced Payment**

To make things simpler for your administration team, we offer an advanced payment option. You can pre-pay for ten sessions, and we'll deduct usage as it occurs. Should you choose to exit the EAP, any unused funds will be refunded.

## **MIU (Make It Up)**

And finally, if you have a unique idea or something specific you'd like to include in your EAP, we're open to collaboration. Just reach out to us through your dedicated EAP email address and we'll do our best to bring your idea to life.

## **MGA Counselling Services**

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