



American Business Council - Kuwait Magazine

# CORRESPONDENT

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- ★ US DEPARTMENT OF COMMERCE LIFETIME ACHIEVEMENT IN TRADE AWARD FOR M. H. ALSHAYA
- ★ EDUCATION USA    ★ EMPLOYEE ASSISTANCE PROGRAM    ★ MEDICAL TRAVEL TO THE USA

TRAVEL:  
NEW YORK



## Employee Assistance Program in Kuwait

Today's corporate world has been more fruitful than ever, however despite all this progress, many employees' personal problems still get in the way of their productivity. To address this issue, employers all around the world have been providing Employee Assistance Programs (EAP) at their workplaces.

EAPs are one of the most important employee benefit programs a firm could offer. It is aimed at assisting people at a work place by helping them deal with their personal problems. Nowadays, most employees face a challenge when trying to deal with their private matters and keep a balance for being productive at their workplace. EAP has been proven to be both beneficial to the employees and employers alike.

To individuals, EAP services are near countless. They can range from mental health-related services and drug-related services to services related to personal issues such as divorce and parenting. Nevertheless it can also provide helpful information on work and life supports such as care giving for elderly parents and financial planning, and wellness and health promotion services such as smoking cessation and weight reduction.

To organizations, EAP has a lot to offer as well. EAP services include education on handling mental health, stress, and addictions in the workplace. Also it serves in addressing workplace violence, safety and emergency preparedness, guidance on communicating in difficult situations such as mergers, layoffs or when employees die on the job, and absence management.

According to the U.S. Department of Labor, EAPs have been shown to contribute to:



- Decreased absenteeism
- Reduced accidents and fewer workers compensation claims
- Greater employee retention
- Fewer labor disputes
- Significantly reduced medical costs arising from early identification and treatment of individual mental health and substance use issues

Dr. Dinkha and Dr. Aboul-Hosn are proud to offer the Employee Assistance Program (EAP) in Kuwait. EAP is delivered exclusively by Dr. Dinkha and Dr. Aboul-Hosn's team of consultants who are comprised of U.S. and UK trained clinical and organizational specialists that are bilingual and culturally competent. The consultants would meet with HR and management, identify organizational difficulties, develop a tailored training curriculum, implement training and consultation services on site, and provide pre and post feedback sessions.

Please feel free to visit our website for more information on our EAP program: [www.kaizen-kw.com](http://www.kaizen-kw.com)