

Healthier Workplace, Happier Employees.

Support your people. Start with the needs that matter.

Understand wellbeing concerns, make professional help accessible and build practical skills - with services selected for your organisation.

01

RECOGNIZE WARNING SIGNS

Employee Wellness Screening

Understand where support is needed.

Employees receive personal scores, explanations and recommendations. HR receives a full organisational report, with individual employee details kept confidential.



02

REBUILD WELLBEING

1-to-1 Psychotherapy

Offer a private route to professional support.

Sessions with our clinical psychologists help employees work through stress, burnout and emotional difficulties. Confidentiality and its limits are explained as part of therapy.



03

RESILIENCE BUILDING

Psychological Talks & Workshops

Turn awareness into practical learning.

Talks, interactive workshops and training for managers or HR, planned around your participants and workplace priorities.



Choose the support your organisation needs.

Select individual services or a tailored combination. Scope and package terms are agreed during enquiry.

HRD Corp claimable training is available. Enquire about programme requirements.



Great communicator. Gary is able to uncomplicate the issue of mental health and explain to people in layman terms.

Workshop feedback | Assistant Manager Operations, SIDREC

Illustrative images

Bring a clear proposal to management.

Share your workforce size, priorities and timing. We'll propose a suitable scope and package for your review.

Request a tailored proposal

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myspsychology.my/employee-assistance-program/