

EMPLOYEE ASSISTANCE PROGRAMME (EAP)

Official Brochure for our EAP Services



CONTACT US

297 Maclean Street,
Block One,
Palmiste, La Romaine,
San Fernando

1868-359-9043
mentalwellnesshub@gmail.com
mentalwellnesshub.org

ABOUT US:

Who are We?

Our experience enables us to offer effective outpatient, individualized, psychological care. We treat a number of mental health issues, and provide a neutral ground to individuals, families, and couples.

Our sessions can be accessed both in the office and via online.

Days of Operation:

Monday:	CLOSED
Tuesday - Friday:	10am - 5pm
Saturday:	10am - 4pm
Sunday:	10am - 2pm

EAP SERVICES



Individual
Therapy



Couples
Therapy



Family
Therapy



Mental
Health
Screenings



All our services can be
accessed online/virtually.



We also offer workshops and online courses.
Currently, due to the COVID-19, these can
only be accessed virtually.

PAYMENT/BILLING

We usually bill at the end of the month for all services rendered throughout the month. Payment must be made by the 7th of the following month. Our payment preference is via direct deposit to our commercial account at Republic Bank LTD.

Snapshot of our Prices for September 2020 - September 2021

Individual Therapy Sessions: \$200/hr

Couples Therapy Sessions: \$300/hr

Family Therapy Sessions: \$400+/hr

Mental Health Screenings: \$300+

Workshops: TBD

MAJOR ISSUES:

- Depression & Depressive-related Issues
- Anxiety & Anxiety-related Issues
- Suicidal Ideation
- Stress & Burnout
- Post Traumatic Stress Disorder (PTSD)
- Panic Attacks/Panic Disorder
- Self-Esteem and Personal Development
- Managing Life/Time Management
- Life Transitions (career; retirement; lay-offs and job loss)
- Emotional Distress
- Adjustment Disorders
- Disassociation Disorders
- Etc

