

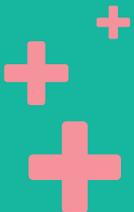


**Sentio Health**

Welcome to

# SENTIO HEALTH

Telehealth  
Wellness  
Program



**Sentio [Latin]**

*verb meaning perceive, feel, experience,  
think, realise, see, understand*

## Us

Everything we do at Sentio Health is founded on our belief that healthy organisations are built by healthy employees. Mental health and wellbeing are as important as physical health and wellbeing. Too often mental health issues are ignored or stigmatised, while stress is worn like a badge of courage.

## Our Program

Our telehealth Wellness Program is based on our knowledge and experience in specialist recruitment, mental health, business and academia. Launched in March 2020, we had always planned for delivery to be telehealth-based. As the COVID-19 crisis unfolded it shone a spotlight on the need for reliable telehealth services.

[sentiohealth.com.au](https://sentiohealth.com.au)

# Sentio Health... why wouldn't you join?

**It's not a traditional employee assistance program (EAP). It's easy to join, flexible and confidential to use and a great way to support your staff and your customers. Our counselling services are also available to individual clients. Talk to your GP about a mental health care plan and a referral to our service.**

## How we help

The Sentio Health team's experience also means they understand the complexities and challenges of working in the current and evolving Australian context, such as:

- Working from home, which has been highlighted by the COVID-19 crisis.
- Fly in fly out (FIFO)/drive in drive out (DIDO) contracts and rosters.
- Juggling family and caring responsibilities with work.
- Pressure to perform/succeed.
- Mental health and physical wellbeing.
- Dealing with substance abuse and other addictions.
- Career transitions, e.g. promotions, retirement, redeployment, redundancy.

In addition to our telehealth counselling service we are able to develop and deliver a broad range of customised training and development packages to support health and wellbeing. These can be delivered face to face or in online modules.

**To talk about what we can do to support you - appointments are available during business hours, as well as evenings and weekends.**

## Who we work with

We work with individuals and organisations to tailor a program that is the right fit. Our team of professionals then goes to work doing what they do best - working one-on-one with people. Our team includes highly qualified, accredited and experienced psychologists, mental health nurses, social workers, registered nurses and dietitians.

As an organisation, take the challenge with us to build confidence and resilience in your employees. It shows you care about your people and shines through in the service they deliver to your customers.



## Telehealth Wellness Program

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