

Free counselling service

for your ServiceIQ trainees

Do you have a ServiceIQ enrolled apprentice or trainee who is going through a tough time and may need support?

If so, they can access a free and confidential counselling service from our professional employee assistance provider Vitae. It is available 24/7 across Aotearoa New Zealand.

This free service is one benefit of the commitment made by ServiceIQ to support wellbeing for those in workplace training as well as campus learning.

Please encourage your trainee or apprentice to take this opportunity to seek help should they need it.

Vitae's focus is on enabling speedy access to psychological services that help to resolve issues and maintain a safe, healthy, and productive work environment.

What Vitae offers:

- ▶ **Free confidential counselling**
- ▶ **Choice of counsellor**
- ▶ **A 24/7 contact centre and duty counsellor for emergencies**
- ▶ **Rongoā Māori**
Rongoā Māori is a holistic and cultural healing practice that incorporates deep, personal connections with the natural environment. It uses but is not limited to Mirimiri (bodywork), Whitiwhiti kōrero (support and advice) and Karakia (prayer). Support is delivered in person, and each practitioner approaches the session uniquely for each individual's requirements – very much like counselling.

Rongoā Māori is currently available in the following areas:
Auckland, Whangārei, South Waikato, Tauranga, Gisborne, Napier, Rotorua, Taupō, New Plymouth, Wellington, Christchurch.

Your trainees and apprentices will be able to address issues such as:

- ▶ personal, workplace learning, or other stress
- ▶ relationship problems
- ▶ conflict situations
- ▶ anxiety / depression
- ▶ grief / loss
- ▶ violence
- ▶ harassment
- ▶ personal trauma
- ▶ addictions

How trainees and apprentices can get in touch:

- ▶ Scan the QR code to book an appointment
- ▶ Visit the website **vitae.co.nz**
- ▶ Free phone **0508 664 981** for 24/7 access

