



Mental Health

Mental well-being made more accessible

Coaching

It offers a wide range of mental health support, from digital programmes to more intensive one-to-one ongoing support.



Headspace



AWARE
Mindfulness



Wellness
coaching



Life coaching



Short-term counselling

Ideal for situational challenges such as stress management, relationship issues, or workplace conflict.



In-the-Moment-Support
Single Session Counselling



In My Hands cCBT



Work-Life Services



Elevate

Ongoing counselling

Whether you're facing anxiety or severe chronic mental health challenges, we'll make sure you receive the help you need.



Behavioural Case
Management



Outpatient Mental
Health Care

Employer support

Designed to help organisations care for their people during critical moments.



Manager
Assist



Global
Trainings



Manager
Referrals



Critical Incident
Support

