

Lyra

LYRA SANACTIVE

Employee Assistance Program (EAP) for the
Swiss healthcare system



Lyra Schweiz GmbH
Hertistrasse 25
8304 Wallisellen

044 878 30 00
info@icas.ch
www.lyrawellbeing.ch

Support the psychological health of your caregivers

Nearly 400,000 people work in the healthcare sector across Switzerland, representing about 8% of the working population. Healthcare workers are the main pillars of the Swiss healthcare system, which is one of the best in the world in terms of access and quality.

Working in the healthcare sector is physically and mentally demanding. The heavy workload of shift work and overtime, the great responsibility, the increasing bureaucracy, and the constant pressure to be efficient and competitive mean that less and less time is left for the actual care of patients. As a result, almost half of the workforce in the healthcare sector is leaving the profession.

Healthcare workers are particularly susceptible to psychological stress. This can lead to symptoms such as sleep disturbance, chronic fatigue, anxiety and burnout. These professionals also have higher rates of substance misuse.

With this in mind, it is hardly surprising that the healthcare professions are said to have above-average rates of staff turnover and sickness absence. **The Lyra SANACTIVE employee assistance program is the most effective and comprehensive solution for reducing stress-related health risks and loss of performance, or for quickly restoring performance and health.**

It offers immediate, free, **anonymous and easily accessible professional support** that enables employees to reduce stress independently and at an early stage and to strengthen their own resilience.

Interested?

Send us an e-mail at info@icas.ch.



Lyra SANACTIVE – Your added value at a glance

Protecting care professions

The Swiss healthcare system is increasingly reliant on healthcare workers staying in their traditional care professions, while remaining healthy and efficient. We support your team in this endeavor.

Stopping performance losses early on

As mental health professionals, we focus on early prevention and encourage everyone to take personal responsibility. Early support reduces absenteeism and the likelihood of errors at the workplace as well as the associated additional workload for colleagues.

Anonymous and low-threshold, 24/7

Easy and anonymous access to the SANACTIVE support program around the clock by phone, live chat and app enables your employees to get help early and independently, as they are usually the first to notice stress in themselves.

Quality first

Our consultants are all qualified psychologists and psychotherapists. They are available 24 hours a day, 365 days a year for your employees and anyone in the same household.

Personal account manager

An experienced account manager is at your disposal for all administrative matters and questions. They will work with you to plan and organize the implementation of SANACTIVE in your company. They will provide you with a detailed and informative report on a regular basis. They will also assist you in planning workshops and presentations.

Data protection guaranteed

We meet all requirements of the EU GDPR, and our consultants are all subject to professional secrecy. We have quality management system certifications according to ISO 9001 and the internationally recognized data protection label Good Priv@cy® according to GDPR. This allows us to guarantee the legal compliance of SANACTIVE.

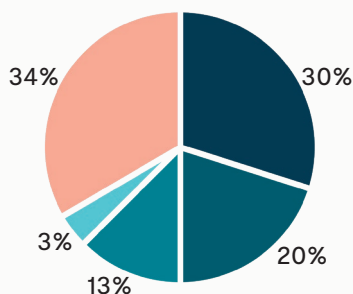
HR support

SANACTIVE relieves and supports superiors and HR managers.

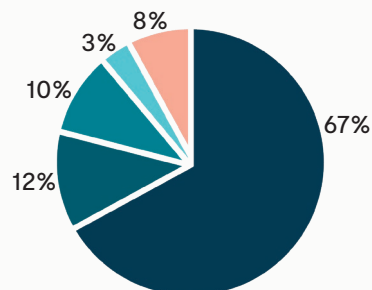
Proven effectiveness

Our before/after surveys show that the performance of the employees sustainably improved with the SANACTIVE support program.

Performance evaluation BEFORE personal counseling sessions



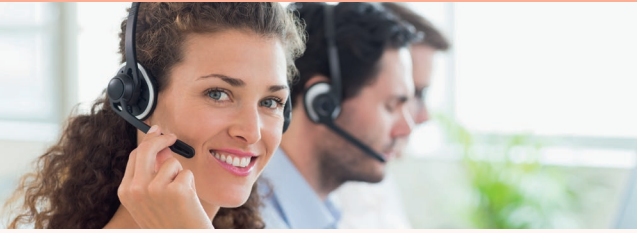
Performance evaluation AFTER completion of personal counseling sessions



■ able to work ■ slightly impaired ■ moderately impaired ■ severely impaired ■ on sick leave

LYRA SANACTIVE Services

Telephone counseling



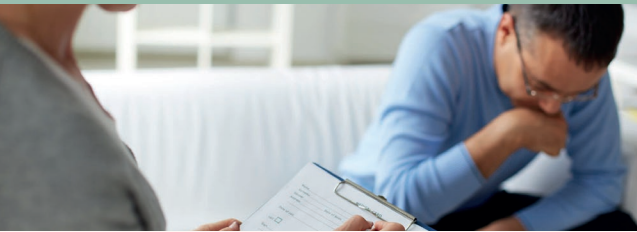
Counseling and support by phone for emotional or psychological issues. You can reach us via our toll-free number 24/7, 365 days a year.

Counseling via live chat



Through our protected chat rooms, access to the consultation is made easy via live chat and can also be done anonymously.

Personal counseling sessions



If useful and desired, we will organize a personal interview with a psychotherapist near home or near the workplace within 2 - 3 working days (short-term therapy/clarification up to max. 8 sessions).

Management and HR consultancy



Consultancy and support in leadership, management and personnel issues, e.g. team development, employee retention, motivation and conflict resolution.

Emergency and crisis response



We accompany and support your organization in difficult times (work accident, sudden death of an employee, serious illness, sexual harassment, job loss, etc.) by taking firm, quick and appropriate measures.

Coaching sessions and seminars



Strengthen the personal responsibility and mental health of your employees with our courses on selected topics.

Advice in all life situations

Relationship problems,
separation/divorce

Stress and
burnout

Addiction problems
(medication, alcohol,
drugs, etc.)



Bereavement

Conflicts, bullying,
sexual harassment

Depression
and anxiety



Family issues,
education, care
of relatives



Lyra

Contact us

Would you like additional information on the Lyra SANACTIVE offer?

Send us an e-mail at:

info@icas.ch

Lyra Schweiz GmbH

Hertistrasse 25

8304 Wallisellen

www.lyrawellbeing.ch