



**Job Balance**

# Psychological support

Do you have anxieties or worries, or the feeling that you can no longer cope with your work? Do you feel sad, drained or depressed? Is a work-related or personal issue getting you down, and would you like to speak with someone you can trust, who will listen and work with you to develop solutions?

**Job Balance offers you fast, free psychological support.** Coaching takes place via a telephone or video call, or through guided online self-help training sessions. Our appointments are independent of location, so you can attend them from anywhere.

## What Job Balance entails

Assessment of where you are with a psychological expert	Working on individual solutions	Coaching in conflict situations – alone or with the other parties
Support in coping with challenging situations	Learning strategies for dealing with change processes	Referrals for further services

Examples of what Job Balance can help you with:

- **Problems at work** such as stress, tensions with superiors/team members, reduced performance or unclear career prospects.
- **Health problems** such as illnesses, disease-related limitations or chronic complaints.
- **Personal problems** such as conflicts in relationships, a separation, or illness in family members.

## How does Job Balance work?

During a voluntary and confidential initial interview with a psychological expert from santé24, you describe your situation. Based on this assessment, we will develop shared objectives with you and determine how to proceed.

There are three options for further support:

### Psychological coaching

In up to five consultations via telephone or video call, we work together towards your goals. The appointments are arranged individually.



### Conflict resolution

We offer you professional support with resolving conflicts. In up to five consultations, we help you to find a sustainable solution and reduce tensions in the workplace.



### Online self-help training

You complete a guided online self-help course. There are training sessions on how to deal better with stress, anxiety, pain, sleep issues and alcohol. Training to combat the symptoms of burnout is also available.



Together with you, we will decide which of the three options is appropriate for your situation. The important thing is that you find suitable strategies to meet the challenges in your daily (working) life.

For more information on Job Balance, visit:

[swica.ch/jobbalance](https://swica.ch/jobbalance)