

NTPC

1to1help

Emotional and mental wellness of your employees is our collective responsibility.

Our Vision - Emotional well-being for all.

We make this possible by providing easy to access , confidential, high-quality counselling and emotional wellness solutions.





What is SNEHAL EAP:-

- Employee Assistance Program (EAP) is provided in the form of counseling services
- Recipients - NTPC employees and their dependent family members
- Launched in May 2021. Services continued till December 2021.

Key features

Outreach extended pan-NTPC, to all projects through e-counseling, mobile application, chat, phone call counseling, video counseling

Leveraging technology for patient-counselor relationship as well as for reports generation and impact assessment

Many NTPC employees and family members are already availing the services. Feedback being received from them is very reassuring.

Counselling Services

Counselling sessions

- 300+ Expert counsellors
- 30 min listening sessions
- 60 min issue based sessions

Modes & Languages

- Telephonic, e-Counselling, Chat, Video
- Vernacular language support



Dedicated Support

- 8AM to 9PM planned sessions
- 24 hours support for emergency
- Booking through toll-free & mobile platform
- Robust Intake process for risk identification

Suicide prevention protocol & Training

Dedicated experts for high risk cases

300+ Highly Qualified Counsellors
Over **Million + hours of counselling,**
5000+ suicide risk cases addressed across

Typical SAD triggers @work

Stress. Anxiety. Depression

Challenges in Field	Managing COVID-19 related challenges	Work/life Balance concerns	Managing relationships
<p>I am often exhausted at the end of the day and don't have time for anything</p> <p>I am on the go all the time and need to rest</p> <p>How can I manage my health and my job requirements at the same time.</p> <p>I don't have time for any improvements in my life because I never know where I am at any given time.</p> <p>It is difficult to manage family demands because I am so exhausted at the end of the day</p> <p>I have resorted to substance abuse to manage myself better I don't know a way out.</p>	<p>My daily cycle is completely disrupted?</p> <p>I am not able to separate work and personal time?</p> <p>My responsibilities have doubled how do I manage.?</p> <p>How do I reach out to people in case?</p> <p>I had never worked on a project with this tight deadline. I am worried about completing my work on time</p> <p>My work life balance had gone for a toss in last couple of years. How will I find enough time for myself and my family</p> <p>I am concerned for the Physical and mental wellbeing of family</p>	<p>I am having difficulty dealing with social anxiety and sleep issues</p> <p>Very high pressure and accountability</p> <p>I am getting to lead a team for the first time. Will my team members accept me?</p> <p>I am is worried about my career growth and progression?</p> <p>Can I be a good mentor to my juniors,</p> <p>I would still need suggestions with respect to certain areas in my work. Who will I reach out to, do they feel I am not capable of leading a team ?</p> <p>Social esteem and recognition pressure</p>	<p>Very high pressure and accountability</p> <p>I feel overwhelmed with my family's responsibility and family members diagnosis of mental illness</p> <p>I have been struggling to cope with break up of the relationship</p> <p>I am concerned about whether I should continue this work or change herself according to what other people in my family want.</p> <p>I struggle to deal with the guilt and anxiety arising from being a working parent</p> <p>I am unsure of the future of my relationship, as I had a fight my partner</p>

Impact of SAD triggers

Increased Risk Of Diabetes



Heart Attack Risk



Burnout



Substance Abuse



Accelerated Aging



Danger of Hyper Socialization



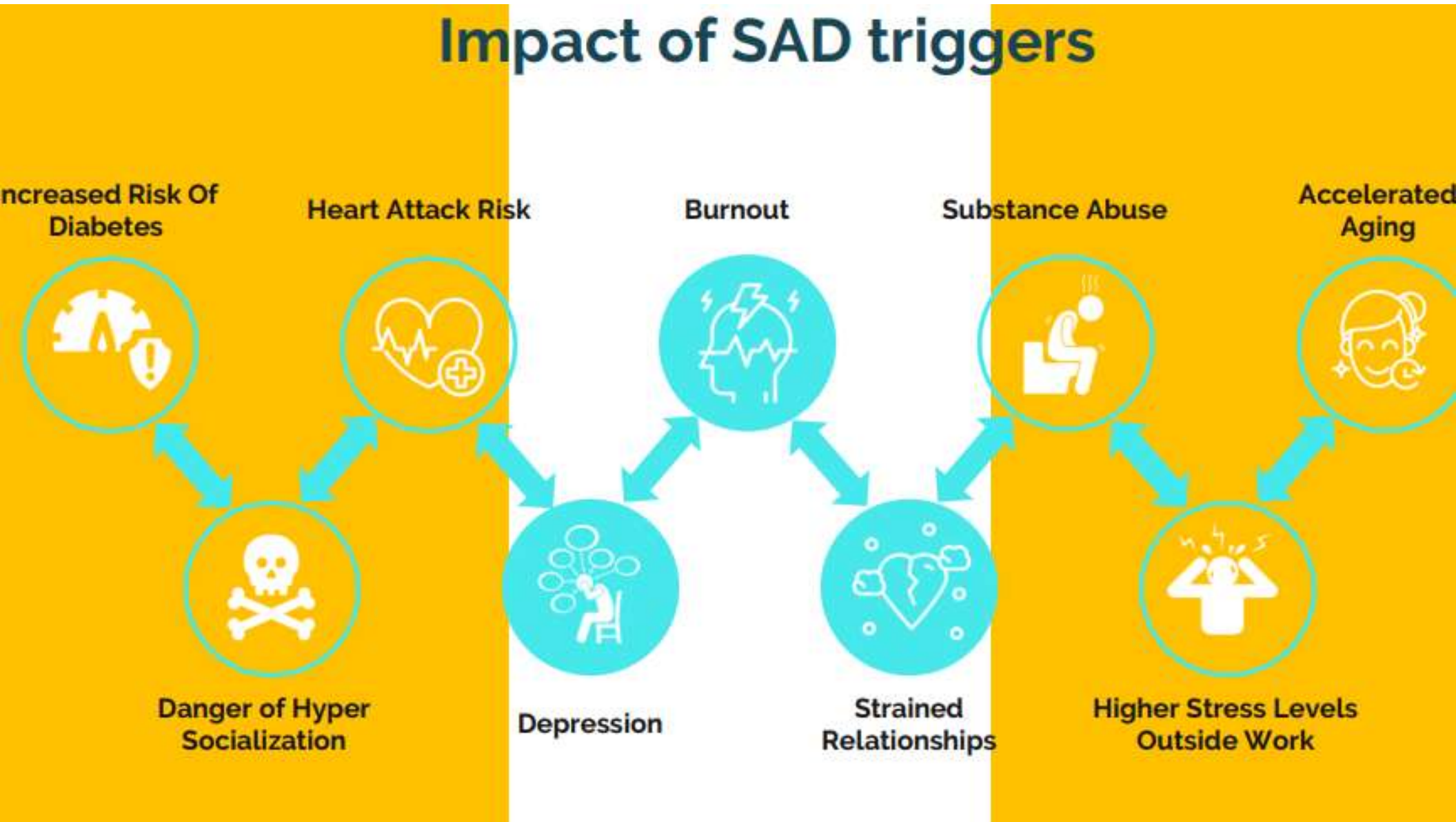
Depression



Strained Relationships



Higher Stress Levels Outside Work



Contextual Content

Articles/Infographics

1000+ Articles

Topics: Stress management, Self development, Relationships, Parenting, Sleep, Diet & Nutrition



Videos

- 50+ Video resources
- 5 min recorded videos

Podcasts

- Inspirational Topic Based audio resources
- 5 minutes audio

All the resources are accessible through all our digital platforms with tracking enabled to measure consumption.



Career Concerns



Work Life Balance



Emotions and Personality



Lifestyle Management



Support Systems at the Workplace



Crisis Management

Assessments



Priority flags to identify level of distress



Comprehensive stress audit



180+ assessments to diagnose the concern



Detailed analytical e-modules and e-workshops for diagnosis & intervention

Assessment Tools

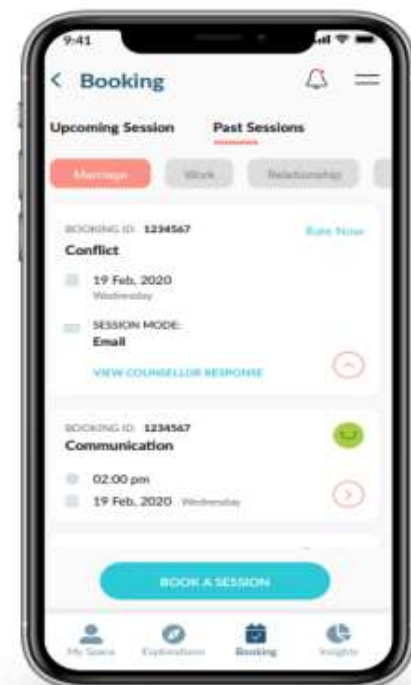
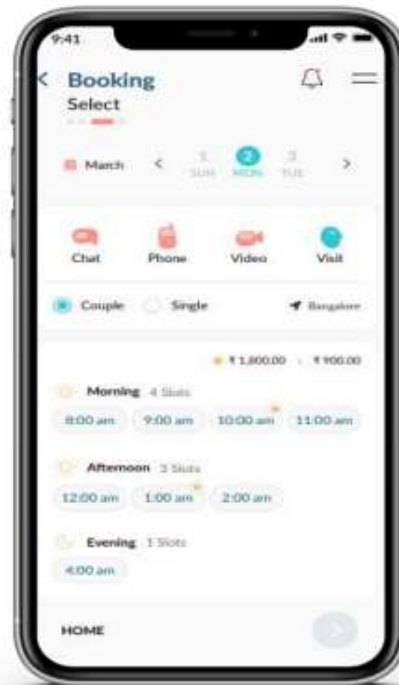
RELATIONSHIPS & PARENTING	HEALTH
<ul style="list-style-type: none">• Checklist - How Do You Deal with Your Child's Tantrums?• Is my relationship in trouble?• Am I fostering an emotionally intelligent child?• Are You Adequately Supported?• Caregiver Stress Checklist	<ul style="list-style-type: none">• BMI Calculator• Diabetes Risk Assessment Quiz• Waist to Hip Ratio Calculator• Ideal body weight Calculator

Assessment Tools

SELF & WORK	MENTAL WELL-BEING
<ul style="list-style-type: none">• How resilient are you?^{New}• What's your communication style?• Bridges and Boundaries• What is my personal style of coping with stress?• Burnout Checklist• Are you ready to be a Manager?	<ul style="list-style-type: none">• Mental Health Support Checklist^{New}• Smoking Dependence Assessment• Social Anxiety Assessment• Edinburgh Postnatal Depression Scale (EPDS)• Mental Well-being Scale• Anxiety Quiz

Assessments lead to focused monitoring & intervention

1to1help Digital Platform



Online Session booking through 1to1help App