



# LYRA SANACTIVE

Employee Assistance Program (EAP) for the  
Healthcare Sector



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# Support the psychological health of your caregivers

A total of 6 million people currently work in the German healthcare sector. As a result of current social developments, hospitals and clinics will face significant changes in the future, according to experts.

In addition to the physical demands – such as standing for long periods, lifting and carrying heavy loads or working in awkward postures – psychological stress in hospitals is almost always increased. Nurses are particularly affected, as they often have to work under intense time and performance pressure. In addition, their workflows are often disrupted or interrupted and they have to supervise various tasks at the same time.

Chronic stress, combined with a lack of recovery time, can promote the development of mental illnesses.

One of the indications that the industry is facing challenges is the high and steadily increasing number of sick days taken by employees, particularly with regard to psychologically-related sick days.

Lyra's employee assistance program **SANACTIVE** is an effective and comprehensive solution for reducing stress-related health risks and performance losses, and for quickly restoring performance and health.

It offers **free, professional and easily accessible immediate support** that enables employees to experience relief at an early stage and to strengthen their resilience – anonymously and available 24/7.

**Interested?**

Send us an e-mail at [info.eu@lyrahealth.com](mailto:info.eu@lyrahealth.com)



# 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.

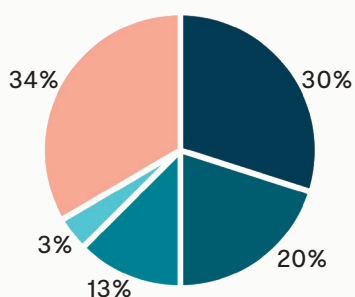
## HR support

SANACTIVE relieves and supports superiors and HR managers.

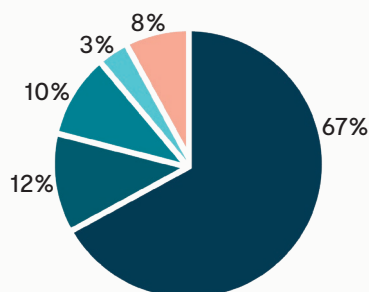
## Proven effectiveness

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

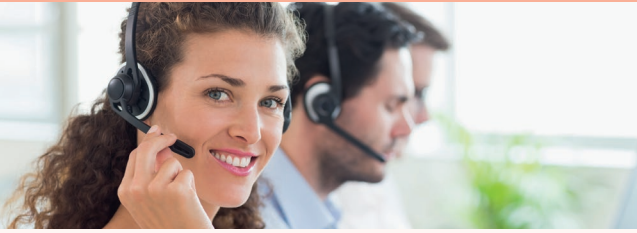


■ able to work ■ slightly impaired ■ moderately impaired ■ severely impaired ■ on sick leave



# 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







# Lyra

## Contact us

Would you like additional information on the Lyra SANACTIVE offer?

Send us an e-mail at:

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