

# 嘉義航空站

## 員工協助方案諮詢服務

員工協助方案諮詢服務內容包括心理、工作、管理、醫療、法律、理財等專業諮詢，本站委由宇聯專業諮詢師提供服務，並受隱私保密政策保護，諮詢內容未經當事人同意，不會透漏資訊於第三方。

尋求協助



(02)2986-7890 (24HR)  
0800-025-985 (24HR)  
world.wide.union1@gmail.com

初談 

由專員進行初談服務

媒合 

媒介適合的諮詢師

確認 

確認同仁所需諮詢類型

諮詢 

進行一對一諮詢服務

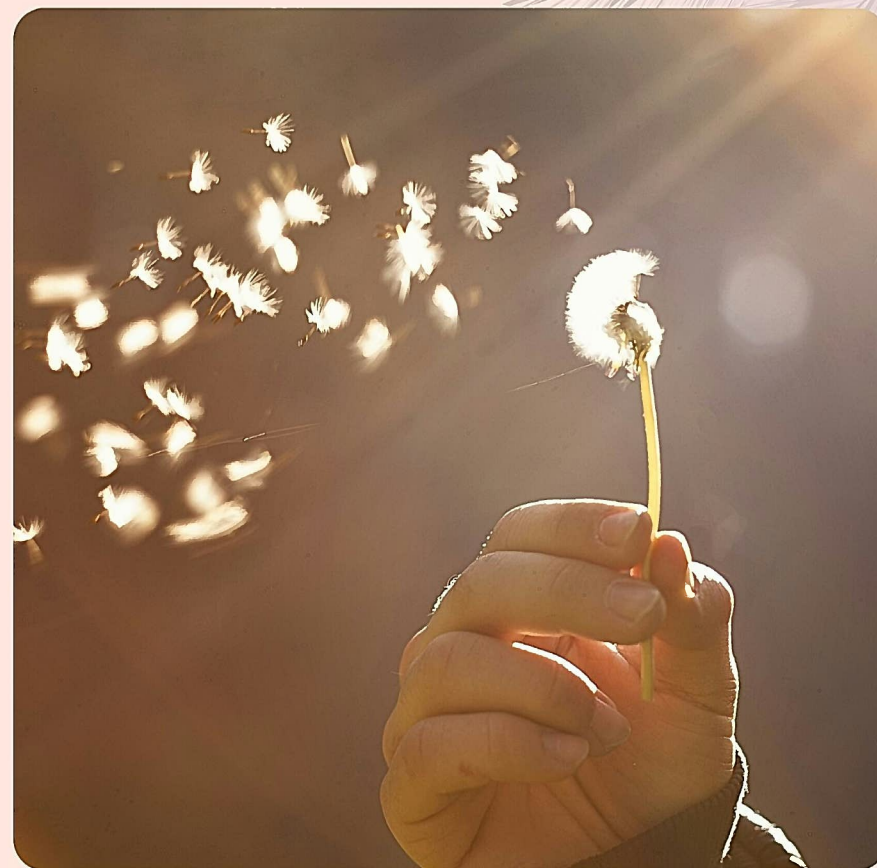
# 員工協助方案

## 自我檢測身心平衡狀況平台

負面情緒絕大部分源自於各種壓力和困擾，有時我們也會被突如其來的負能量所淹沒，當無法有效調節情緒時，往往可能造成許多身心失衡的狀況，進而影響生活。當你感覺身心不適，建議你可至EAP身心關懷平台進行自我檢測 ([www.wwupsy.com/eap?id=58](http://www.wwupsy.com/eap?id=58))，負面情緒是一道警示燈，提醒你應該重新審視當下的生活狀態，找回內心的平衡。如果無法靠自己解決情緒給你帶來的困擾，不需要為此而感到羞恥，請尋求專業的協助。



EAP身心關懷平台連結  
[www.wwupsy.com/eap?id=58](http://www.wwupsy.com/eap?id=58)



在艱難的時刻  
EAP將陪伴在你的身邊  
為你提供力量和安慰



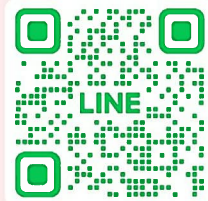
# CHIAYI AIRPORT

(Employee Assistance Program, EAP)

The EAP services encompass professional counseling in areas such as mental health, work-related matters, management, medical concerns, legal issues, and financial planning.

The employee assistance program services are provided by professional EAP counselors and are protected by a privacy confidentiality policy. Information will not be disclosed to third parties without the consent of the individuals involved.

**EAP**  
Hotline/Email



(02)2986-7890 (24HR)  
0800-025-985 (24HR)  
world.wide.union1@gmail.com

## Initial Discussion

Initial consultation conducted by EAP specialist.

## Matchmaking

Matchmaking with a suitable EAP counselor.

## Confirmation

Confirming colleagues' counseling needs.

## Consultation

Conducting one-on-one EAP counseling services.

# Employee Assistance Program

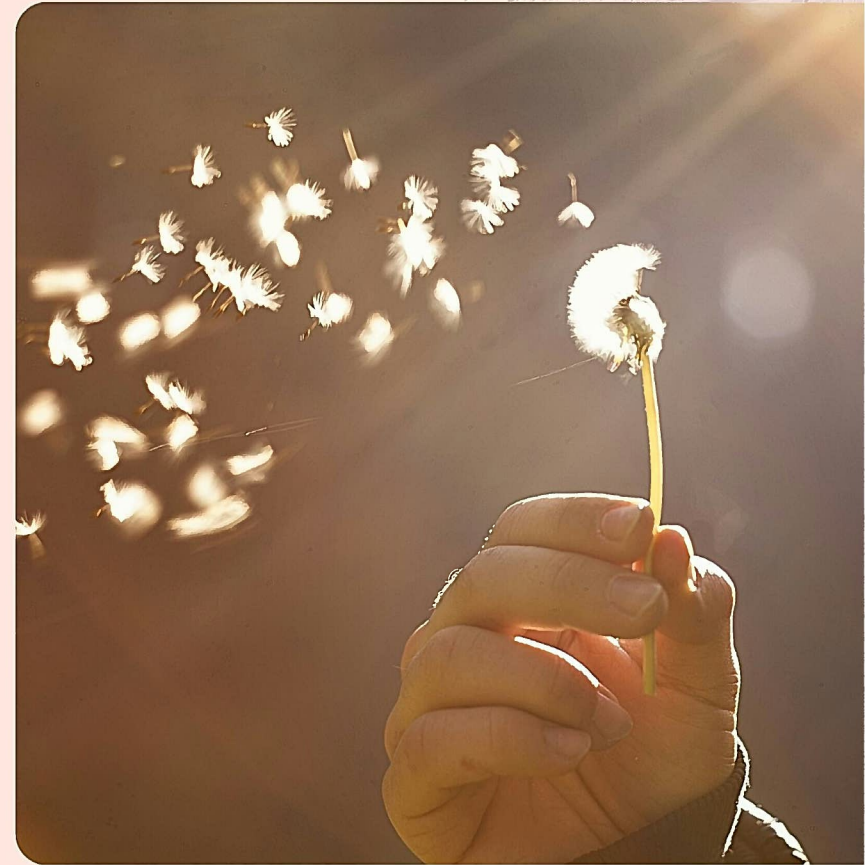
Self-Assessment Platform for  
Mental and Physical Well-being

Negative emotions often arise from stressors and challenges. Sudden bursts of negative energy can sometimes overwhelm us, leading to emotional difficulties and impacting overall well-being. If you feel discomfort, consider a self-assessment on the EAP Mental and Physical Care Platform ([www.wwupsy.com/eap?id=58](http://www.wwupsy.com/eap?id=58)).

Negative emotions serve as warning signals, urging a reevaluation of your current life situation to regain inner balance. If self-resolution proves challenging, seeking professional help is encouraged.



link: [www.wwupsy.com/eap?id=58](http://www.wwupsy.com/eap?id=58)



In challenging times,  
EAP will accompany you,  
providing strength and comfort

