

Employee Wellbeing & Psychological Support

Carfi

EARLY INTERVENTION. EXPERT SUPPORT. MEANINGFUL OUTCOMES.

Carfi provides timely access to experienced psychologists and workplace wellbeing professionals. Our services support employees and leaders experiencing personal, work-related or organisational challenges, while helping organisations respond appropriately, reduce escalation and maintain healthy and productive workplaces.

OUR SERVICES

- **Employee Assistance Program**
- **Critical Incident Support**
- **Executive Wellbeing**
- **Reach Out and Proactive Wellbeing Programs**
- **Workplace Mediation and Facilitated Discussions**
- **Reflective Debriefing and Structured Wellbeing Support**
- **Private Psychology Services**

WHY ORGANISATIONS CHOOSE CARFI

- Bespoke tailored solutions that meet the needs of each organisation
- Qualified and experienced psychologists and counsellors
- Comprehensive, proactive wellbeing service offerings
- National delivery capability
- Over 35 years of industry experience across public and private sector organisations

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Employee Assistance Program

Confidential, short-term support for employees and eligible family members experiencing personal, social, health or work-related challenges. Services include manager consultation and organisational reporting.



Critical Incident Support

Timely psychological and organisational support following a traumatic or distressing workplace event, that may include leadership consultation, employee support, group interventions, referral pathways and follow-up.



Executive Wellbeing

Confidential support designed for senior leaders and executives operating in demanding environments. Services help leaders maintain wellbeing, manage pressure and navigate complex workplace responsibilities.



Reach Out and Proactive Wellbeing Programs

Proactive and confidential outreach to employees who may benefit from support. The service helps organisations connect employees with professional assistance before concerns become more significant.



Workplace Mediation and Facilitated Discussions

Mediation, facilitated discussions and conflict coaching to help address workplace conflict, interpersonal concerns, grievances and relationship impacts following formal processes.



Reflective Debriefing and Structured Wellbeing Support

Facilitated reflective support for individuals or groups exposed to demanding work, emotionally challenging material or sustained operational pressure.



Private Psychology Services

Evidence-based psychological assessment and intervention for individuals seeking support with mental health, wellbeing, relationships, adjustment or work-related concerns.

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SCAN TO LEARN MORE