

EAP - Employee Assistance Programs

LEBANON PACKAGE

Brainstation Workplace Well-Being Program is more than a service, it is a partnership for employee well-being and company success

	Small (<100 employees)	Medium (100 - 500 employees)	Large (>500 employees)
BASIC PACKAGE			
Features	<ul style="list-style-type: none"> 4 mental health support sessions/employee 1 workshop/year 	<ul style="list-style-type: none"> 4 mental health support sessions/employee 2 workshops/year 	<ul style="list-style-type: none"> 4 mental health support sessions/employee 2 workshops/year
Price	<ul style="list-style-type: none"> 100 USD/employee 	<ul style="list-style-type: none"> 95 USD/employee 	<ul style="list-style-type: none"> 90 USD/employee
Business Benefits	<ul style="list-style-type: none"> Reduce sick leave by up to 30% and build resilience in small teams (WHO, 2025) 	<ul style="list-style-type: none"> Programs with moderate session access lower presenteeism and boost engagement by 20% (Harvard Business Review, 2022) 	<ul style="list-style-type: none"> Large-scale impact with significant ROI — absenteeism drops while productivity rises across departments (HBR, 2022)
PREMIUM PACKAGE			
Features	<ul style="list-style-type: none"> 6 mental health support sessions/employee 3 workshops/year 	<ul style="list-style-type: none"> 6 mental health support sessions/employee 4 workshops/year 	<ul style="list-style-type: none"> 6 mental health support sessions/employee 4 workshops/year
Price	<ul style="list-style-type: none"> 170 USD/employee 	<ul style="list-style-type: none"> 150 USD/employee 	<ul style="list-style-type: none"> 140 USD/employee
Business Benefits	<ul style="list-style-type: none"> Regular sessions + skills-based workshops enhance resilience and lower risk of burnout by 25% (WHO, 2025) 	<ul style="list-style-type: none"> Boost retention and engagement; research shows organizations with well-being programs see up to 25% lower turnover (Gallup, 2021) 	<ul style="list-style-type: none"> Comprehensive programs integrating individual sessions + group workshops yield the highest ROI — \$4 return per \$1 invested (WHO, 2020; HBR, 2022)