



Opening hours: kl. 07:00 – 23:00



## PSYCHOLOGICAL ASSISTANCE

Our psychologists offer treatments due to:

- worrying, anxiety and phobias - burnout and depression - stress - sleep problems - crisis relief - difficulties in relationships - life crises such as grief, loss of life and loss of work - challenges related to self-esteem and identity - trauma - couple therapy –

*Short waiting time!*

For questions or bookings, contact Per Nyhus at [post@salutis-psykologi.no](mailto:post@salutis-psykologi.no) or call 62 11 10 01

## SUPPORTIVE CONVERSATIONS

The intent of these conversations is to aid employees in dealing with stress, unease, mental stress and demanding situations. The conversations have different goals and content, depending the employee's needs. These measures can be useful for employees who need assistance in finding coping strategies, boost self-confidence or talk to professionals about difficult feelings or thoughts.

*Short waiting time!*

For questions or bookings, contact Liv Unni Gandrubbakken at [liv.gandrubbakken@salutis.no](mailto:liv.gandrubbakken@salutis.no)



## ORGANIZATIONAL OG PSYCHOSOCIAL APPROACHES TO REDUCE STRESS.

The situation we now find ourselves in is new, complex and demanding. Salutis wants to contribute to help your business manage your situation in the best possible way, where your employee's well-being is the focus.

Salutis assist with sick leave, questions regarding care benefits, updated and relevant information from the government and assistment due to temporary layoffs etc.

For questions or in need of assist, contact Trond Grønvold at [trond.gronvold@salutis.no](mailto:trond.gronvold@salutis.no)



## RISK ASSESSMENT

Arbeidstilsynet demand that businesses undergo a risk assessment of the situation we are currently in.

«As an employer you have to assess the risk and plan actions if the employees can come in contact with people who are infected or people who pose a risk of infection».

For questions or in need of assist, contact Nina Mellem Tronbøl at [nina.tronbol@salutis.no](mailto:nina.tronbol@salutis.no)



## ANALYSIS OF STATUS AND NEEDS

Multiple businesses are now experiencing that demand is decreasing, employees are in quarantine, and insecurity regarding payment and what the future brings. It is therefore necessary to make the right decisions and measures; flexibility and time is crucial to get through the crisis.

Salutis Solutions AS og Altero Utvikling AS has expertise in crisis management and are already assisting other businesses with making sure they stay viable

For questions or in need of assist, contact Knut Hellwege at [knut.hellwege@salutis.no](mailto:knut.hellwege@salutis.no)



## CORONA-COORDINATOR

As your occupational health service, we can offer:

- Follow-up on employees in quarantine/isolation
- All employees with confirmed Corona infection get offered conversation with our psychologist or other relevant interlocutor

For questions or in need of assist, contact Trond Grønvold at [trond.gronvold@salutis.no](mailto:trond.gronvold@salutis.no)

