



Foundation for Social Welfare Services
Here for you

S.A.F.E. PROGRAMME

Overview of Topics



Gambling & Addiction

- What is gambling?
- Types of gambling
- Current situation in Malta
- Positives and negatives of gambling
- Gambling spectrum
- Recognising addiction
- Local support services



Bullying at the Workplace

- Defining bullying
- Types of bullying
- The bystander effect
- The local situation
- Defining the bully
- Overcoming bullying



Stress Management

- What is stress?
- What stresses you out?
- How stressed are you?
- Types of stress
- Effects of stress
- Coping with stress



Approaching the Employee with Addiction Difficulties

- Biases about individuals who use substances
- The reality of individuals who use substances
- The local situation
- Recognising the signs of substance use
- How to approach an employee
- Overcoming barriers and defense mechanisms
- The importance of the formulation of a policy
- Local support services



Work-Life Integration

- What is work-life integration?
- The wheel of life
- Time management
- Why is work-life integration important?
- Prioritise your time
- The wall of self-care



Substance Addiction in the Workplace

- Defining addiction
- The models of addiction
- The phases of addiction
- The classification of substances
- The Maltese law
- The local situation
- The local support services



Wise Use of Technology (Offered by BeSmartOnline)

- S.M.A.R.T. use of technology and how technology affects our everyday life
- Technology and its effects on physical, mental, and social well-being
- Cyberbullying and problematic content on the internet
- Support services and resources



Skills for Addiction Free Employees