

## ***SUMMARY AND CONCLUSION***

Our counselling statistics for the last three years, with regards to assessment of the primary problem, indicate that work-related and marital/family are the two main problem areas. This is consistent with the wider sociological trends which reveal that, for most of us, the greatest problem or challenge is to balance family (personal) and work life. This challenge is even greater for our employees and their families, given the unique demands and pressures placed upon them by the rotational lifestyle.

Keeping in mind that "An ounce of prevention is worth a pound of cure", all of our initiatives this year have been in the area of prevention and mental health promotion. Next year, the emphasis will be on activities of a proactive nature designed to alleviate work related stress.