

# EMPLOYEE ASSISTANCE PROGRAM

**Free Call: 1800 677 021**

Workers Health Centre Employee Assistance Program (EAP) is a free and confidential counselling service for employees and their immediate family members to support their wellbeing in the workplace and personal lives.

Counselling is provided by Workers Health Centre on any matter work related or personal. The service is free for a maximum of up to 5 one-hour sessions. Additional services may be arranged if necessary.

## HOW DO I ACCESS THE SERVICE?

**Self-Referral:** Calls for assistance can be made directly by contacting 1800 677 021.

**Supported Referral:** A manager, supervisor or work colleague may recommend or encourage you to seek assistance for a particular issue you may be facing. Whether you accept this advice or not is a personal choice. If you wish to follow through you can contact us on 1800 677 021.

### Common issues clients bring to counselling include:

- Personal / Relationship issues
- Grief and Loss
- Gambling
- Parenting
- Trauma
- Depression and anxiety
- Work conflict

### The service is confidential.

**Your employer will NOT have access to your information. Workers Health counsellors can only disclose information they have obtained:**

- With the expressed written consent of the person or their legal representative
- Where failure to disclose may result in a clear risk to the person or others

