



## We're here for you

Your employer offers you an Employee Assistance Program (EAP) with Relationships Australia, free-of-charge. This gives you a safe and confidential place away from your workplace to talk about concerns you are having at work or at home.

## How can EAP help you?

You may be facing difficult and challenging times in your personal life or have concerns about work. Our experienced counsellors can provide help with issues such as:

- stress, anxiety, fatigue or depression
- financial difficulties
- couple and family issues
- work and career issues
- conflict and harassment
- carer issues
- working relationships
- adjusting to organisational change
- substance abuse and/or addiction
- separation and divorce
- compulsive and addictive behaviour
- grief, loss and bereavement
- work and life balance
- violence or abuse issues



## What are the benefits of EAP?

- A safe place to discuss concerns knowing what you say will remain confidential
- The possibility of feeling more contented and productive at work and to learn ways to balance work and personal life

## Our Services?

- Individual, couple or family counselling
- Workplace mediation
- Educational seminars
- Workplace consultation

## Our Staff

Relationships Australia EAP staff are registered psychologists, social workers, counsellors, mediators and trainers who have extensive experience working with a range of clients - organisations, individuals, couples and families.

## Prompt Response

We will do everything possible to offer you a counselling session or mediation within two working days. Telephone counselling can be arranged.

## Confidentiality

Trust is essential - we offer a highly confidential counselling service. Your personal issues and information will not be discussed with your employer, unless you give your consent.

You don't have to tell anyone in your workplace that you want to access Employee Assistance. You are entitled to a number of free sessions, and you might be able to bring your partner or a family member with you. Sometimes a supervisor will recommend using the EAP service.

## How can you access EAP?



To make an appointment or request further information about EAP services please call Relationships Australia on **1300 857 129** in the Canberra region, and **02 6923 9100** in the Riverina Murray region.