



## Employee Assistance Program (EAP)

Enhancing your wellbeing

### What does the EAP mean for you?

Your Employee Assistance Program allows you to feel comfortable knowing that you or your immediate family members can confidentially discuss any work or personal issues that are an inevitable part of life.

### What EAP assists you with?

LifeWorks will help you to identify, explore and manage any issues impacting your life, which can include:

- Conflict and communication
- Maximising performance
- Depression, anxiety and stress
- Relationship and marital problems
- Children or family member concerns
- Grief and bereavement
- Elder care issues
- Addictions
- Career path issues
- Retirement
- Work life balance
- Work stress

### What you need to know...

#### Where does counselling take place?

It's up to you! We can provide counselling services over the phone or off-site, face to face at one of our national locations.

#### Who pays for the service?

Your employer has fully subsidised the EAP so it's free to you and your immediate family members.

#### Who are the counsellors?

All counsellors are highly professional qualified psychologists and social workers, with peak industry body accreditation and experience.

#### How long are EAP Sessions?

Each EAP session lasts about an hour and you're entitled to **6** sessions. You will also have access to the Lifeworks Well-being Platform, which has an abundance of wellbeing resources and self-help tools.