



Employee Assistance Program (EAP)

Professional Support - Anytime, Anywhere, Always Confidential

What is the EAP?

The EAP is a confidential support service that can help you and your immediate family members (if eligible) solve a wide range of problems and challenges in your lives, at **no cost to you**. In our increasingly fast-paced world, you may find it challenging to take care of yourself while balancing responsibilities at work with obligations at home. The EAP offers timely, qualified assistance and support to help manage all of life's complexities. You can contact the EAP 24 hours per day, 7 days per week. Support is at your finger tips.

No matter what the nature of your issue, or how overwhelming it may seem, the wide scope of expertise available through the EAP is there to support you as you work towards a positive resolution.

EAP can support you with:

- Strengthen relationships
- Improving communication
- Depression, anxiety and stress
- Children or family member concerns
- Grief and bereavement
- Conflict and communication
- Maximising performance
- Addictions
- Work life balance
- Elder care
- Retirement
- Organisational changes

Confidentiality

Information relating to participation in the EAP is strictly confidential. No information will be shared with anyone without informed, voluntary and written consent.

Who pays for the service?

Your employer has fully subsidised the EAP so there is no cost to you for taking advantage of the EAP. For each concern you are experiencing, you can receive a series of support sessions, over the telephone or in person.

The EAP focuses on **short term** solution therapy. If you need more specialised or long-term support, your EAP will help you select an appropriate specialist or service. While fees for these additional services are your responsibility, a qualified consultant will review with you your possible support options and any related costs.

The Platform

Access our wellbeing platform* which has an abundance of wellbeing resources and self-help tools. Access www.login.lifeworks.com or download the LifeWorks App.

*Access must be granted to your company before you are able to access the Platform. Please speak to your HR if there are any issues.

