



# Employee Assistance Program (EAP)

**Our holistic, preventative approach to workplace mental health helps to reduce burnout risks and promote positive workplace culture – providing employees and their families with access to crucial support when the need arises.**

Research shows that organisations investing in employee mental health support see significant improvements in both team wellbeing and workplace productivity. Having an EAP in place also helps organisations to create mentally healthy workplaces and fulfill their work health and safety obligations.

**Contact us to design a program tailored to your organisation.**

## ACA & PACFA Registered Therapists

Our programs are delivered by ACA and PACFA registered psychologists, psychotherapists, and counsellors. As an audited NDIS provider and registered therapy provider for private medical and workers' compensation schemes, we bring extensive experience across all sectors Australia-wide.

## Comprehensive Coverage

EAP is a short-term problem-solving service that is generally only required for a few sessions. Our confidential services can address a wide range of challenges, including:

- Stress, anxiety, and depression
- Grief, loss, and trauma
- Relationship and communication difficulties
- Financial or legal problems
- Gambling and addictions
- Work-related challenges and change management

## Flexible, Fast Delivery

Employees can choose from phone, online, or face-to-face sessions, ensuring accessibility regardless of location. Employees will be connected with a practitioner no later than 24 hours after a support request is received via phone or email.



**Get an EAP package tailored to your organisation**