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|  |  | |  | | --- | | EAP  ASSIST  **Your**  **Workplace**  **Wellness**  **Program** | |  | |
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| EAPASSIST.Com.AU – mental health COUNSELLING & WELLBEING Support |  | EAP ASSIST - Promoting wellness |

**EAP Assist supports employees wellbeing with confidential phone counselling throughout Australia & overseas. We recognize that one of the most important aspects of effective counselling is for it to be delivered as quickly as possible.**

**Counselling aims to help resolve both workplace & personal issues before they adversely impact an employee’s mental heath & workplace performance.**

**Common issues include workplace conflict, bullying, stress, anxiety, depression as well as personal issues such as alcohol & substance abuse, gambling, relationships & domestic violence.**

**These issues can cause work based difficulties such as absenteeism, poor productivity, high staff turnover, reduced performance & low job satisfaction & may also subsequently affect the employee’s health & well-being including their ability to cope with the demands of everyday life.**

**EAP Assist counsellors are all highly qualified & experienced & will initially ask your name as well as that of your employer in order to confirm eligibility for services. Information obtained during counselling is confidential & will not be released to any third party without prior written consent.**

**To access up to three hours of telephone counselling from 9am – 9pm M - F go to Booking Form at:** [**eapassist.com.au/booking-form/**](https://eapassist.com.au/booking-form/) **using your company’s allocated Helpline Number/Access Code: 0407086000.**

**The EAP Assist website also contains an extensive range of self-help resources which all employees are encouraged to access at: eapassist.com.au**

**(Services Valid to 24-10-24)**



**EMPLOYEE ASSISTANCE PROGRAM**

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**To book a counselling appointment go to:** [**eapassist.com.au/booking-form/**](https://eapassist.com.au/booking-form/)

**Or scan the QR Code below using your Company’s Helpline Number/Access Code: 0407086000**

