

## Employee Assistance Program (EAP)

Enhancing your wellbeing



24 hours - 7 days  
**Call us today**

**1300 361 008 (Australia)**

**0800 155 318 (New Zealand)**

The EAP is easily accessible, voluntary and can provide support on a range of personal and work related issues such as:

- Responsibility at work
- Work-life balance
- Depression/anxiety
- Stress management
- Managing change

Your Employee Assistance Program (EAP) provides short term counselling and support.

The service is provided by professionally qualified psychologists or social workers. Your EAP is personal and strictly confidential.