



# EAP ASSIST

## Your Employee Assistance Program

EAPASSIST.COM.AU - COUNSELLING SUPPORT

EAP ASSIST - HELPLINE

## EMPLOYEE ASSISTANCE PROGRAM

EAP Assist supports employees with confidential telephone counselling throughout Australia & overseas. We recognize that one of the most important aspects of effective counselling is for it to be provided as quickly as possible via your company's Helpline number.

The aim of counselling is to help resolve both workplace & personal issues before they adversely impact an employee's personal well-being & work performance.

Common issues include workplace conflict, bullying, stress, trauma & critical incidents, termination matters as well as personal issues such as depression, anxiety, alcohol & substance abuse, gambling, relationship issues & domestic violence.

These issues can cause work based difficulties such as absenteeism, poor productivity, high staff turnover, reduced performance & low job satisfaction

& may 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 experienced & will initially ask for your name as well as that of your employer in order to confirm eligibility for services. Information obtained during counselling is confidential & will not generally be released to the employer without prior consent.

Telephone counselling is available 9.00 am - 5.00 pm Monday to Friday AEST or 24 hours per day 7 days per week by requesting a preferred call back time via your company's dedicated Helpline number, 0407086000 or text or use our online Contact Form or by completing the online employee Wellbeing Check Up or email: [support@eapassist.com.au](mailto:support@eapassist.com.au)



**Your Helpline: 0407086000**

**EAP Assist provides employees with 24/7 confidential phone counselling**



**HELPLINE NUMBER**

**Helpline: 0407086000  
[support@eapassist.com.au](mailto:support@eapassist.com.au)**