

work  
fatigue  
finances  
family  
change  
stress  
anxiety  
addictions  
family  
divorce  
family  
stress  
work

We are here  
for you!



### Contact Us

Call 1300 364 277 and tell us you are an EAP client.

We are also available after hours.

Relationships Australia Western Australia

Email: [eap@relationshipsaustralia.org.au](mailto:eap@relationshipsaustralia.org.au)

Website: [www.relationshipsaustralia.org.au](http://www.relationshipsaustralia.org.au)

Follow us on Twitter @RelationshipsWA

### Head Office:

22 Southport St, West Leederville WA 6007

### We offer services in:

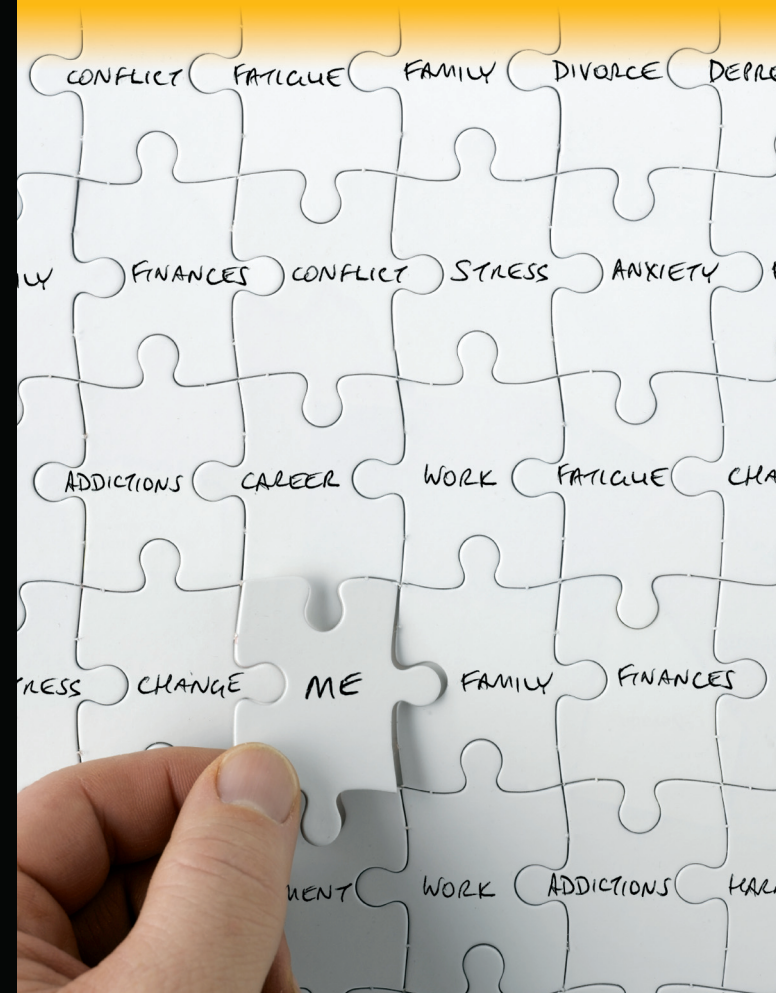
Albany, Bunbury, Busselton, Fremantle, Gosnells,  
Joondalup, Kwinana, Mandurah, Midland, Northam,  
South Hedland, West Leederville

*Relationships Australia*  
WESTERN AUSTRALIA

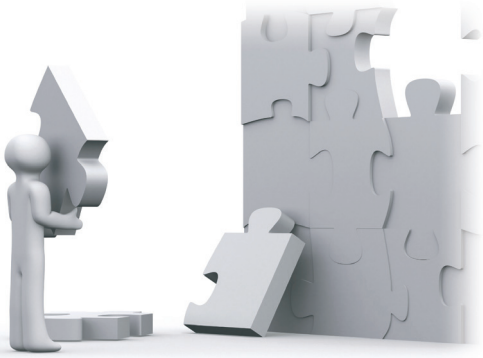
*Relationships Australia*

# Employee Assistance Program

## Information for Employees



# We're here for you



Your employer offers an Employee Assistance Program with Relationships Australia, which means you can access free<sup>1</sup> and confidential counselling services.

## How can EAP help you?

You may be facing difficult and challenging times in your personal life, or have concerns about work.

Our experienced counsellors can help with issues such as:

- Stress and fatigue
- Couple and family issues
- Separation and divorce
- Conflict and harassment
- Addictions
- Anxiety and depression
- Bereavement
- Financial difficulties
- Work and career problems
- Adjustment to organisational change

We understand the struggles individuals face in life.

The initial step to seeking support is the most significant.

Call 1300 364 277

## Confidential service

Trust is an essential part of this process. We offer a highly confidential counselling service. All personal information and issues raised will not be communicated to your employer, unless you give prior consent.

## Who can use this FREE service?

Any member of your organisation can voluntarily access EAP services at no cost<sup>1</sup>. To check if your immediate family members can use our services, speak directly to your manager or call us.

## Seminars and workshops

Our seminars and workshops focus on issues such as:

- Balancing work and family life
- Responding to bullying and harassment in the workplace.
- Dealing with difficult people
- Stress and self care
- Managing fly-in fly-out relationships

## Workplace mediation

We provide an unbiased and non-judgemental service where an independent professional guides individuals/groups through a problem-solving process to resolve conflicts and nurture working relationships.

## Our staff

Relationships Australia's registered psychologists, social workers, counsellors, mediators and trainers have experience working with a range of clients including organisations, individuals, couples and families.

## Prompt response

We will do everything possible to arrange an appointment in one of our branches within 3 working days. If face-to-face appointments are not practical, telephone counselling can be arranged.



<sup>1</sup> The cost is covered by your employer for a limited number of sessions per year.