



people
matter
employee assistance program

Supporting people
in ways that matter

How to access EAP?

You don't have to tell anyone in your workplace that you want to access EAP. You are entitled to a number of free sessions, and you might be able to bring your partner or a family member with you. Sometimes a supervisor will recommend using the EAP service. When you phone our 1300 number you will be directed to the nearest Relationships Australia Tasmania office. You will be asked to identify your employer and when you come to your first appointment you might be asked for proof of identity (a payslip for example).

tas.relationships.org.au

Support available

 By phone  In-person  Online

For more information

Call 1300 364 277 or visit
tas.relationships.org.au

Relationships Australia
TASMANIA



people
matter
employee assistance program

Confidential,
professional
support when
you need it

1300 364 277

What is EAP?

As part of your employment, your employer offers you an Employee Assistance Program (EAP) with Relationships Australia Tasmania, free-of-charge. This gives you a safe and confidential place away from your workplace where you can talk about concerns you are having at work or at home. You can usually access up to 3 free sessions.

More sessions can be negotiated if required.

Relationships Australia Tasmania's EAP practitioners are registered psychologists, social workers, counsellors, mediators and trainers who have extensive experience working with a range of clients, organisations, individuals, couples and families.

EAP is:

- free for employees (usually up to 3 sessions).
- Some organisations also include immediate family members
- confidential
 - independent of your workplace
 - available face-to-face or by phone.

Every effort will be made to see you within five working days.

How can it help you?

EAP offers you:

- a safe place to discuss concerns
- a chance to deal with issues before they get worse
- strategies to feel more content at work
- support to work through personal and family matters

Our counsellors can help you with:

- Stress and fatigue
- Relationships
- Conflict and harassment
- Mental health concerns
- Behavioural concerns
- Grief and loss
- Financial difficulties
- Work and career issues
- Adjustment to change



Confidentiality

We offer a highly confidential service; your workplace won't know that you've attended. You are welcome to bring a support person to the sessions too.

A safe place to discuss concerns knowing you are working with a professional and what you say will remain confidential