



Employee Assistance Program



PSYCHOLOGY



Employee Assistance Program

The Employee Assistance Program (EAP) provides professional counselling for all employees, their partners and dependent children to help resolve personal and work related problems.

The counselling service provided by the EAP is:

- ▶ confidential
- ▶ voluntary
- ▶ staffed by professional and experienced psychologists
- ▶ available for employees, partners and dependant children
- ▶ provided by the company at no cost to you
- ▶ available after hours.

Seeking counselling at an early stage can often prevent a relatively minor concern developing into a major problem. If you are not sure whether counselling would help your problem you can telephone to discuss your concerns before making an appointment.

What type of problems can counselling help with?

EAP psychologists have experience with a wide range of personal and work problems, including:

- ▶ stress at home or work
- ▶ problems with children
- ▶ alcohol and drug issues
- ▶ anxiety and depression
- ▶ relationship problems
- ▶ conflict
- ▶ a range of other issues.



How do you access counselling?

1800 30 30 90 AUS freecall

0800 82 00 35 NZ freecall

appt@bsspsych.com.au

Or download the Smartphone App
by searching 'BSS EAP' for
Apple or Android



+61 8 9211 3700 | www.bsspsych.com.au

For urgent issues, after hours counselling is also available
via the above numbers