



**access**  
WELLBEING SERVICES

## CALL US

Whatever the nature and extent of your concerns, feel free to call us.

We are available 24/7 to offer immediate help for urgent matters.

Simply provide some basic details about yourself and your employer and we will offer you an appointment with a counsellor at a convenient location or by telephone.

**IN AUSTRALIA CALL** 1300 66 77 00

**IN NEW ZEALAND CALL** 0800 327 669

**IN OTHER COUNTRIES DIAL  
YOUR COUNTRY CODE  
FOLLOWED BY** 800 5004 0000

### ✓ FIND OUT MORE

Visit our website  
[www.accesswellbeingservices.com.au](http://www.accesswellbeingservices.com.au)  
for information, fact sheets and links to a wide range of issues.

## YOUR EMPLOYEE ASSISTANCE PROGRAM

Confidential counselling for work-related or personal issues.



## ACCESS WELLBEING SERVICES

Designed to assist individuals, teams, managers and organisations.

**1300 66 77 00 (24/7)**

[www.accesswellbeingservices.com.au](http://www.accesswellbeingservices.com.au)

# YOUR EMPLOYEE ASSISTANCE PROGRAM (EAP)

All of us regardless of our roles often face difficult or challenging personal and/or work related situations that may affect our quality of life. Usually we can work them out, but sometimes problems can be difficult to resolve without assistance. That's where an EAP can help.



## WHAT IS AN EAP

An EAP is a FREE voluntary and confidential counselling service made available to employees (and in some cases their immediate family members).



## ABOUT US

Access Wellbeing Services is an independent counselling service that has been selected to deliver your organisations EAP. Staffed by a team of highly qualified and experienced psychologists, social workers and counsellors, it has offices and affiliates located throughout Australia.



## CONFIDENTIALITY

From the moment you make contact, confidentiality\* is assured so you can call us knowing that your privacy is guaranteed.

\* Counsellors may be legally bound to disclose information in some exceptional cases where there is a risk to self or others.



## When to contact us?

How you feel is always a good way of judging when you might need assistance.

### DO YOU EVER FIND YOURSELF

Being distracted by problems at work or home  
Getting tired or sick often  
Constantly running late  
Missing deadlines  
Feeling emotional  
Being involved in conflicts  
Burdened by everyday concerns

### SOME OTHER ISSUES PEOPLE OFTEN SEEK ASSISTANCE FOR ARE

Depression  
Anxiety  
Feeling stressed and overwhelmed  
Relationship and family concerns  
Parenting support  
Grief and loss  
Alcohol and drug use  
Gambling



If any of these sound familiar, you may benefit from using your EAP. Our professionally qualified and experienced team will help you identify problems and find ways of resolving them.

## TO ACCESS THE SERVICE

Our customer service team is available **24/7**.  
It's as easy as calling **1300 66 77 00** or visit our website  
[www.accesswellbeingservices.com.au](http://www.accesswellbeingservices.com.au)