

Employee Assistance Program

Information for Employees

An Employee Assistance program is much more than just a counselling service. While we offer confidential face-to-face short term solution focused counselling, we also offer information & resources to help you manage difficult situations at work.

Below is a list of what we can offer you and how you can best get what you need from our support;

- **Employee Assistance Counselling**

Counselling under our Employee Assistance Program is free for employees. Your workplace will have prescribed the number of sessions you can have with us free of charge. Counselling sessions are confidential, no identifying information is provided to your employer. Our experienced counsellors have a wide range of expertise and we can ensure you find the right counsellor for you to work with based on your needs.

- **Information & Support**

We provide general information on our website about Depression, Anxiety, Stress in the workplace & how to help a colleague which you can access by going to www.positivesolutions.com.au/factsheets

- **Information sessions**

We can come to your workplace to provide information sessions on topics such as 'stress in the workplace,' 'managing conflict' and 'how to access EAP.'

- **After hours counselling support**

Our free call 1800 number is available if you need to speak with a qualified Counsellor after hours. Call 1800

Making an appointment

To make an appointment with one of our counsellors or to find out more about our services, simply call **6223 56 12**. Our office operating hours are 9am to 5pm.