

We're here for you!

EAP is

- free for employees (up to 3 sessions) and immediate family members may also be able to attend
- confidential
- independent of your workplace
- available face-to-face or by phone.

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

1300 364 277

or contact a local office

Hobart

20 Clare Street New Town
email: hobart@relias.com.au

Launceston

6 Paterson Street, Launceston
email: launceston@relias.com.au

Devonport

68 North Fenton Street
email: devonport@relias.com.au

Employee Assistance Program

Positive and productive workplace relationships

Relationships Australia.
TASMANIA

**Free confidential
professional support
when you need it**

1300 364 277
tas.relationships.org.au

Counselling and Support for Employees

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 access up to 3 free sessions. More sessions can be negotiated if required.

How can EAP Counselling help you?

Our experienced counsellors can help you 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.

What are the benefits of EAP Counselling?

EAP offers you:

- a safe place to discuss concerns knowing you are working with a professional and what you say will remain confidential
- a chance to deal with things before they get out of control
- the possibility of feeling more contented and productive at work and to learn ways to balance work and personal life
- support to work through personal and family matters.

Our services

- Individual or couple counselling
- Mediation and conflict resolution
- Personal development

Our staff

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

Prompt Response

We will do everything possible to offer you a counselling session or mediation within five working days. Phone counselling can also be arranged.

Confidentiality

Trust is essential – we offer a highly confidential counselling service. Your personal issues and information will not be discussed with your employer, unless you give your consent.

How do you 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).

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