

## EMPLOYEE ASSISTANCE PROGRAM

For Employees

**Do you feel stressed a lot of the time? Do you feel like your stress could be affecting your work and your relationships? You're not alone.**

Employee Assistance Programs (EAP) are designed to help people understand or overcome their personal problems. The EAP will help you to identify, explore and manage any issues impacting your life, which can include:

### What can EAP assist me with?



Work-related stress is a growing problem around the world. It affects not only the productivity of organisations but also the health and well-being of employees. Many people have experienced times when personal problems seem to overwhelm them and find it difficult to carry out their normal work or family responsibilities.

### What is the Employee Assistance Program?

Rehab Management's Employee Assistance Program offers confidential over-the-phone counselling for employees such as yourself, experiencing personal or work problems. These services help support your health and well-being, aim to improve your morale and help you through the tough times. Our qualified counsellors and psychologists provide caring, experienced support to employees and managers in handling life's challenges will help get the support you need or guide you appropriately to other sources of help available.

### Rehab Management also offer other services including:





## Who can use the EAP and what does it cost?

All employees can use the free call number to make a personal counselling appointment. The EAP is a benefit provided for you by your employer, at no cost to you.

## What should I expect?

Making the decision to call is a positive step and EAP can offer support beyond that available from family or friends. It offers a safe environment in which you can express your feelings and gain deeper insight into your difficulties. Our trained therapists and counsellors will talk about your concerns, and then offer insights and direction to begin solving your issues. Counselling sessions are confidential and independent of your workplace, so you can talk about things you might not feel comfortable discussing with anyone else. Talking to a counsellor may also help you with:

- ✓ Improving your health & wellbeing
- ✓ Boosting your self-esteem & confidence
- ✓ Increasing your productivity at work
- ✓ Strengthening your relationships with family & friends
- ✓ Developing long-term resilience against obstacles

## How do I access my EAP?

 **1300 762 989**

Call through to the above number, where you can speak with a friendly Rehab Management consultant. You will discuss your presenting concerns with a triage psychologist who will ensure that you are referred to the appropriate psychologist for support. EAP sessions are typically offered to the employee within a set period of time (e.g., interviews will be conducted within 24 or 48 hours) unless the situation is judged to be an emergency. There are three sessions pre-approved for you to engage in.



## Contact Us

If you would like to learn more about this service please contact:

 [referrals@rehabmanagement.com.au](mailto:referrals@rehabmanagement.com.au)

or call **1300 762 989**