

Feeling overwhelmed?

We can help.

FDC Employee Assistance Program (EAP)

At FDC, our team comes first. As a member of the FDC team you have complimentary access to experienced qualified psychologists to assist you with any challenges you may be facing in any area of your life.

This is a strictly confidential service aimed at keeping you well. FDC has no visibility of the names of those that access the service or the nature of the calls.

What is the process?

1. The first step is to call **1300 762 989**
2. Your phone call will be answered by an administrative team who will ask you a number of questions to help establish the best service for you. This may include:
 - a. Your first name
 - b. Your employer name
 - c. The type of counselling you would prefer – either face to face or over the phone
 - d. Location (state or suburb)
 - e. Your method of preferred contact
3. You will receive a phone call within 24 hours with a qualified psychologist who will introduce themselves, ask some initial questions around your personal situation, answer any initial questions you may have and set your first appointment.
4. You attend your first appointment either over the phone or if your preference, face to face in a discrete psychologist office in your local area. Your appointment will run for approximately 60mins.
5. You may attend up to 3 appointments complimentary. At this point, if you do want to continue appointments, your psychologist can find the best service for you.

Other things to note

- Counselling is 9.00am to 5.00pm, Monday - Friday.
- This is a free service for up to three sessions.
- Rehab Management (Aust) Pty Ltd is our provider of this service. Their counsellors are all qualified psychologists who are experienced in assisting people with a wide range of problems and issues.
- The counsellor will talk to you about privacy and confidentiality of your information before you start any counselling session.

www.fdcbuilding.com.au/EAP



Free, independent, confidential
counselling for FDC staff

Call 1300 762 989

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.

What can EAP assist me with?

Relationship & marital problems

Self-esteem & confidence issues

Career path issues

Financial or legal concerns

Work traits

Grief & bereavement

Family violence

Work/Life balance

Alcohol, drug & gambling problems

Conflict and communication

Depression & anxiety

Interpersonal



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, virtual or face-to-face 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 and will help get the support you need or guide you appropriately to other sources of help available.

What the Employee Assistance Program is not

The Employee Assistance Program is appointment-based counselling services, and is not a crisis service. If an individual needs immediate assistance, emergency services should be called, or the employee's local Community Mental Health centre or a 24/7 helpline, such as Lifeline. We are unable to provide immediate responses.

Rehab Management also offer other services including:


- Retirement and lay-off assistance
- Wellness, health, and fitness promotion
- Support for those affected by long-term illness or disability
- Counselling for crisis situations (such as employee death or injury)
- Dealing with difficult work situations (for managers)

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

How do I access my EAP?

 **1300 762 989**

Call through to the above number, and speak to one of our friendly Rehab Management admin staff, who can link you in with a consultant. The consultant will then contact you within 24 business hours to discuss your presenting concerns, and book in a time for your first session. 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

or call **1300 762 989**

