

Employee Assistance Program

The **EMPLOYEE ASSISTANCE PROGRAM (EAP)** is available to all **Western NSW Local Health District** members of staff, including casuals, VMO's, volunteers and students.

The Employee Assistance Program offers:

- ❖ **Counselling** and assistance with issues that may be personal or work related, for example:
 - stress problems
 - conflict and relationship issues
 - anxiety and depression
 - grief and loss
 - confidence and assertiveness
 - family issues
- ❖ Support for individuals and work groups affected by traumatic incidents
- ❖ Consultation for managers and supervisors about their own work situations.

EAP is not a crisis service, for URGENT emotional matters after hours please contact the Mental Health Line on 1800 011 511 or Lifeline on 131114.



EAP is:

- ❖ **Confidential**
- ❖ **Independent**
- ❖ **Voluntary**
- ❖ **Free**



ACCESS:

- ❖ For information, appointments (face to face and phone) and referral to private providers please call: **1800-357-898**
- (Free from private phones excluding mobiles.)
- If unanswered, please leave a voicemail. EAP is available from 8.30am – 5.00pm Monday to Friday.**

CONTACT:

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Western NSW
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Living Well Together