

Workplace mental health and wellbeing matters.

Let's talk about it.

Employee Assistance Program (EAP).

EAP is a short-term, solution focused service that's designed to offer counselling for employees experiencing problems of any kind.

It is informal, friendly and focused on each individual's needs. EAP counselling can be provided either face-to-face away from the office, at an Access Psych clinic, or virtually – whichever option is more convenient. Access to the service, in addition to the information provided during the counselling sessions, is treated with absolute confidence.

Benefits of EAP.

- ✓ Reduced absenteeism
- ✓ Improved morale and collaboration
- ✓ Increased productivity
- ✓ Superior culture and performance

Advantages of Access Psych EAP Services.

- + AHPRA registered and provisionally registered psychologists
- + Tailored to organisational requirements
- + Flexible delivery – telehealth and face-to-face
- + Customised web portal
- + Online bookings
- + 24/7 national reach and access
- + Co-branded employee awareness materials
- + Bi-annual reporting, analysis and insights



Access Psych is a Large Provider Member of the Employee Assistance Professional Association of Australasia Inc.

Our EAP specialists will adopt clinical styles to suit each individual and apply proven therapeutic approaches to address their immediate mental health concerns.



Work related

- Work/life balance
- Performance issues
- Work pressure
- Bullying and harassment
- Managing conflict in the workplace
- Career management
- Adjusting to change



Personal

- Stress
- Substance abuse
- Relationship problems
- Personal trauma
- Grief and bereavement
- Anxiety
- Depression