



Employee Assistance Program

Free Counselling for Employees and their Family

The Employee Assistance Program (EAP) is a free counselling service offered to employees and their immediate family to support their wellbeing.

The EAP can assist with challenges such as:

- Drug and alcohol issues
- difficulty with change
- relationship problems
- interpersonal conflict
- depression
- work-life balance
- communication problems
- emotional stress
- other issues that may affect your personal life.
- grief and bereavement
- anxiety

To make a confidential appointment call the LifeWorks EAP direct line on **8650 6262**.

Counselling is provided at LifeWorks' branches throughout Victoria.
Visit www.lifeworks.com.au for more details.



LifeWorks is a not-for-profit organisation approved by the Federal Attorney-General's Department under the provisions of the Family Law Act 1975 and is partially funded by the Australian Government.