

Introduction to EAP SERVICES



Lifeskills

AUSTRALIA

PSYCHOLOGY & COUNSELLING





We are on a mission to help people live balanced lives whilst feeling mentally strong, emotionally stable and physically well.



Our Services

Counselling & Psychotherapy

Clinical & Registered Psychology

Sexology

Financial Counselling

Child & Adolescent Counselling

Relationship Counselling

Personal Development Workshops & Seminars

Crisis Intervention

Mediation & Conflict Resolution

Mental Health Fitness for Work Assessments

Critical Incident Response

FIFO Induction

Workplace Behavioural Coaching

Whistle Blower Hotline

Managers Hotline

Mental Health First Aid Training

Psychological Assessments & Reports



We help with...



ADDICTIONS



CAREER
ADVICE



RELATIONSHIP
COACHING



DEPRESSION



FAMILY
COUNSELLING



FEAR &
ANXIETY



FIFO



GAMBLING



GENERAL
WELLBEING



GRIEF & LOSS



PARENTING



EATING
DISORDERS

Why EAP?



EAP's aim is to ensure that all employees are provided with preventive and proactive interventions to support both work and personal issues that may adversely affect performance and wellbeing.

Mental Health is part of Occupational Health and Safety

Just as we make certain that we are safe in a physical sense, we want to ensure that we are emotionally and psychologically safe as well. Stress, anxiety and depression overload can all impact our capacity to perform at work, as well as impact our quality of life more broadly.



One in five working
Australians experience
mental health issues in
any one year



We want to be proactive in
preventing a mental health issue
turning into a mental health
illness.



**Australians experienced an
overall increase in anxiety
over the past two years due
to Covid-19**



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Support for your family

EAP's are not only for employees but more often than not, they also extend to your immediate family members.

You can see a clinician for relationship issues or if you have a parental concern.

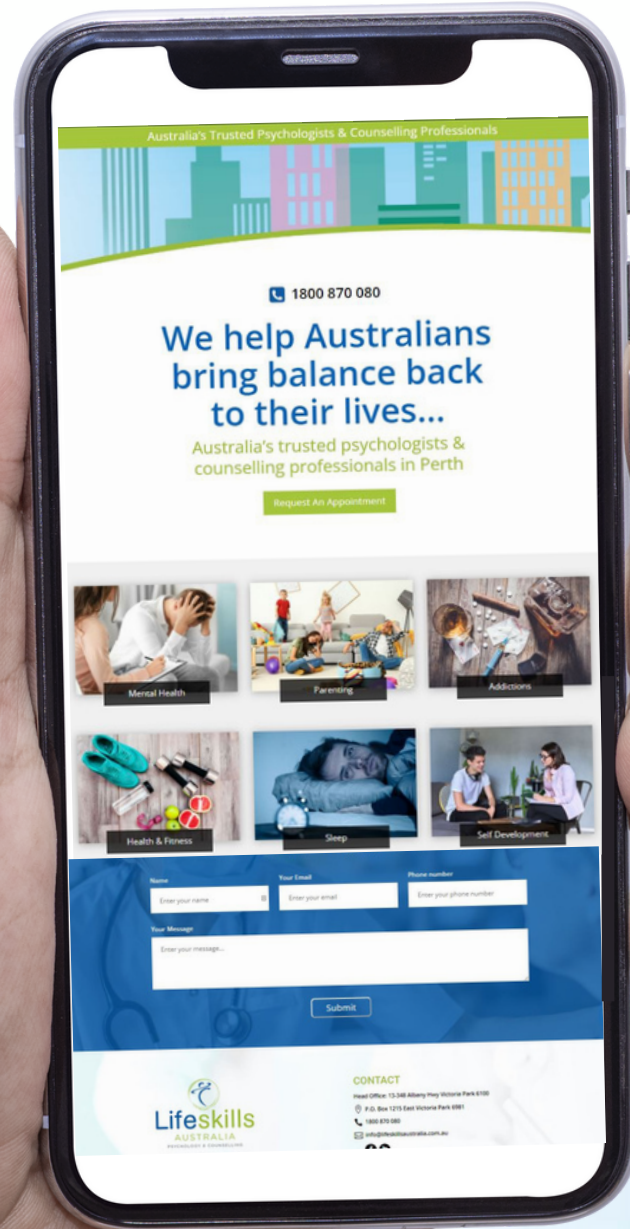


Lifeskills Plus

Enjoy access to a variety of free digital resources to support your mental health.

www.lifeskillsaustralia.com.au

Log in with: eap@....



Is it confidential?

All consultations are strictly confidential.

Any information disclosed with our therapist cannot be disclosed to another person without your written consent - this is the code of ethics we apply in accordance with:



And the Australian Privacy Principles Act



Lifeskills Australia



Provided By: Valma Granich
ABN: 61 149 865 845
Address: 13/348 Albany Highway
Victoria Park WA 6100
Email: info@lifeskillsaustralia.com.au
Phone: 1800 870 080

Tax Invoice: 16838
Date: 13/06/2022

Lifeskills Australia
13/348 Albany Hwy
VICTORIA PARK WA 6100
Phone: 1800 870 080
www.lifeskillsaustralia.com.au

Invoice To:

Address:

Provided To: 5867

Items

Date	Qty	Code	Item Name & Description
13 Jun 2022	1.000		EAP Consultation

Payments

Date	Payment Method
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Provided To: 5867

Items

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13 Jun 2022	1.000		EAP Consultation

NAB - Letoryanna Pty Ltd ATF Letoryanna Family Trust
Trading as Lifeskills Australia

BSB: 086-082
Account No: 255717943

Credit Card payments accepted over the phone: 1800 870 080

Copy of invoice

After your session an invoice will be sent to the accounts department of your employer.

The invoice will not disclose your name or any information about you.



Our locations

- Head Office: Victoria Park, WA
- North of Perth, WA
- South of Perth, WA
- Perth Hills, WA
- Kalgoorlie, WA
- South West, WA
- Brisbane, QLD
- Sydney, NSW
- Adelaide, SA
- Melbourne, VIC
- Darwin, NT
- Hobart, TAS



Book your confidential appointment

HELP is available 24/7 in a crisis.

1800 870 080

info@lifeskillsaustralia.com.au

www.lifeskillsaustralia.com.au



Thank you



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