

# What is EAP?

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**Employee Assistance Program (EAP)** is an employee benefit program offered by your employer to help you deal with both work and personal problems that might adversely impact on your job performance and wellbeing.

EAP's aim to ensure that all Australian workers are supported and provided with preventive and proactive interventions before the issue at hand escalates.

EAPs generally include short-term counselling services for you and your household members that may be affected by your current situation.

## How does it work?

Your Employer has teamed up with Lifeskills Centre to offer you a number of free Counselling sessions to help you understand and clarify any issue that is directly concerning you. We will help you identify and explore options to address the issue and develop plans to find constructive solutions.

## We can help you . . .

- Deal with stress/anxiety
- Find your motivation
- Increase work performance
- Handle overwhelming circumstances
- Build fulfilling relationships
- Regain clarity of your life
- Review your well-being
- Create happy life balance
- Gain control of your finances

## IT'S ALL CONFIDENTIAL

### What's the next step?

If you think you may need to talk to someone, it's as easy as calling us now to make an appointment.

You don't need to notify your employer or co-workers that you are contacting us for help. All calls and appointments are treated with strict confidentiality. When you arrive at our centre you will be asked to fill out some paperwork to notify us of the Company you work for and we will invoice them directly.



Book your **CONFIDENTIAL** appointment.

**HELP** is available 24/7 in a crisis.



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