



After Hours EAP Counselling Services

STEP 1.

CALL
1800 870 080

STEP 2.

PRESS 1
If you need to speak to a Counsellor immediately.

STEP 3.

PRESS 2
If it is NOT urgent and you would like to leave a message, someone will return your call on the next business day.

*Our Counsellors
are available to
you 24/7
365 days a year*

Creating
LIFE
BALANCE

Book your **CONFIDENTIAL** appointment.
HELP is available 24/7 in a crisis.



1800 870 080

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