



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

Lifeskills Australia is your EAP Provider.

Please call for free confidential Counselling.