

Employee Assistance Program



Key points to remember about an EAP:

- Is designed to help address issues that arise at both work and at home
- Benefits both the employee and employer or organisation
- Is a service that provides psychological counselling, coaching, tools and resources.
- Is private and confidential

What is an EAP?

An Employee Assistance Program (EAP) is a service that is designed to help employees address issues that arise in everyday life, both at work and at home. An EAP provides employees with psychological support in the form of counselling, life coaching and providing additional tools and resources.

An EAP is a voluntary program that is work-funded to provide the necessary assistance to employees so that they are better able to manage their lives and work roles. Employees can access this program for a number of concerns including:

- Substance abuse issues

- Stress
- Grief and loss
- Interpersonal relationship difficulties
- Ongoing mental health concerns including depression and anxiety

Employees will have the option to speak to a psychologist or clinical psychologist at Australian Psychology and Wellness Centre either face to face or via phone or telehealth.

The sessions with the psychologist are goal-directed and focused on finding solutions and improving your skills and strategies so that you are able to move forward in the direction you want.

In addition an EAP can also provide managers and employers with organizational training to improve work place relations and de-escalate rising issues. Our psychologists are also trained to help workplaces deal with traumatic or violent work related situations or events.

An employee assistance program is a service that is provided by the employer, however it is administered by the psychologists' at Australian Psychology and Wellness Centre. It is important to note that all information provided to the psychologist is confidential and private.

What are the benefits of an EAP?

An Employee Assistance Program can provide a number of benefits to both the employee and the employer. Research indicates that cumulative stress experienced by employees is likely impact on their ability to do their jobs. Cumulative stress can lead to:

- Sleep disturbance
- Increased substance use
- Family conflict
- Depression and anxiety

- Physical ailments (e.g. headaches) and an increase in sick days
- Workplace performance issues

The goal of an EAP is to provide employees with the support, tools and resources they need and this will ultimately benefit the employer. This includes increased productivity, improved retention rates and more satisfied employees.

Contact us:

Email: info@apawc.com.au

Phone: (02) 6699 3820



The information in this document is not intended as a substitute for professional medical advice, diagnosis or treatment. This document may be downloaded without charge and distributed on condition that no changes are made.

