

# Employee Assist

*It's free, it's confidential, its time is now.*



Right now, **Employee Assist** is busier than usual for very understandable reasons. Employees at all levels are really being tested. The pandemic has had a major impact on so many businesses, nothing much seems certain right now and staff everywhere are feeling anxious about their jobs, their families and their future. Why not reach out to **Employee Assist** for some practical support and guidance on the issues keeping you awake at night.

**It's free to all employees and is fully confidential. Best of all, it's a flexible, super-tailored experience designed to help you with exactly what is making work/life tough for you right now.**

And while we're talking about flexibility, we also offer a whole range of ways to connect with you and at a time of your choosing, from phone, videoconferencing, live chat or even face to face services in states where this is possible.

So don't waste any more time, pick up the phone and call us on **1300 OUR EAP (1300 687 327)** or use one of the other options below to reach us.

*Go on, make it happen.*



FACE TO FACE



VIA PHONE



EMAIL



EAP CONNECT



VIA LIVE CHAT



VIDEOCALL

