Employee Assist

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

"I realised after I while I was feeling anxious and starting to catastrophise pretty much everything going on and my family was worried about me."

"My sleep pattern had really deteriorated. I'd wake up worrying about silly things that just seemed to be overwhelming."

"My daughter has completely withdrawn. She spends all day in her room and I'm worried about her being bullied on-line."

"My mum and dad are in their late 80's now and I can't look after them. I feel so powerless and worry about their vulnerability. Feel so guilty too."

"I've just had my work hours cut. My husband lost his job back in March and our son lost his part time job too. I'm worried about our future."

"I can't believe what a difference it made to speak to someone who could help me get perspective on my problems."

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



FMAII





FAP CONNECT VIA LIVE CHAT



VIDEOCALL



