



# EAP ASSIST

## Workplace Employee Assistance Program

EAPASSIST.COM.AU – MENTAL HEALTH COUNSELLING & WELLBEING SUPPORT

EAP ASSIST - PROMOTING WELLNESS

## EMPLOYEE ASSISTANCE PROGRAM

EAP Assist supports employees wellbeing with confidential phone counselling throughout Australia & overseas. One of the most important aspects of effective counselling is for it to be delivered as professionally & efficiently as possible.

Counselling aims to help resolve both workplace & personal issues before they adversely impact an employee's mental health, well-being & workplace performance.

Common issues include workplace conflict, bullying, stress, anxiety, depression, burnout as well as personal issues such as alcohol & substance abuse, gambling, divorce, relationship issues, domestic violence & trauma.

These issues can cause work based difficulties such as absenteeism, poor productivity, reduced performance & low job satisfaction & may also affect the employee's ability to cope emotionally with the demands of everyday life.

EAP Assist counsellors are all qualified & highly experienced & will initially ask for your name as well as that of your employer in order to confirm eligibility for services. Information obtained during counselling is totally confidential & will not be released to any third party without prior written consent.

**To initially access up to three hours of telephone counselling from 9am - 9pm Monday - Saturday go to Booking Form at: [eapassist.com.au/booking-form/](http://eapassist.com.au/booking-form/) using your company's allocated Access Code: 0407086000 & your registered company name: Income Asset Management**

**The EAP Assist website also contains an extensive range of self-help resources including digital treatment programs, apps & wellness challenges for employees to access: [eapassist.com.au](http://eapassist.com.au)**

(Services valid to: 26-11-26)



**To book a counselling appointment go to:**  
[eapassist.com.au/booking-form/](http://eapassist.com.au/booking-form/)

Or scan the QR Code below

