

## Employee Assistance Counselling

Employee Assistance Counselling (EAC) is a confidential employer-funded support service. This service is available to staff, their immediate family, and volunteers experiencing personal or work-related concerns. Immediate family include your spouse, partner, children or others living in your household.

Human Psychology provides a confidential and effective counselling process that is solution-focussed and practical. The service is aimed at enhancing wellbeing and mental health, and can be accessed face-to-face, by phone or Skype.

Asking for assistance is an act of independence and strength which may empower you to make positive changes.



## Human Psychology

Refer to the Human Psychology website for information about the team. Call or email to arrange an appointment.

### Phone

1300 277 924

### Email

reception@humanpsychology.com.au  
dcp@humanpsychology.com.au  
(after hours contact)

### Website

humanpsychology.com.au

### Address

120 Rundle Street  
Kent Town SA 5067

## Department for Child Protection Wellbeing team

### Phone

8226 4213

### Email

DCPStaffWellbeing@sa.gov.au

# Wellbeing Supporting self-care

## Employee Assistance Counselling



March 2019



## Counselling services

EAC is provided for personal, emotional or work-related matters including:

- anxiety, depression and emotional health
- workplace conflict or disharmony
- coping with organisational change
- stress and burnout
- reactions to traumatic or distressing events
- grief and bereavement
- misuse of alcohol or other drugs
- interpersonal relationships
- marriage and family relationship difficulties
- basic financial issues.

EAC can also provide specific and culturally appropriate counselling services for:

- Aboriginal and Torres Strait Islander employees
- Lesbian, Gay, Bisexual and Transgender (LGBTIQ) employees
- specific cultural and linguistically diverse employees.

## How do I access EAC?

Call **1300 277 924** and arrange a convenient time either face-to-face, by phone or Skype.

## What does it cost?

There is no cost to staff, immediate family members or volunteers.

You can access up to 6 one-hour sessions per presenting issue per calendar year. If longer-term counselling is required, the psychologist will discuss options with you including a referral and any costs to be incurred.

Human Psychology will work hard to accommodate your preferences for a psychologist. Telephone counselling is always an option if you need to speak to someone urgently.

## What about confidentiality?

Confidentiality is assured and maintained. Discussions with a psychologist remain strictly confidential. Psychologists are bound by a professional code of ethics, preventing them giving out personal information without your written consent.

In some cases, it may be helpful for the psychologist to hold a discussion with a particular person in your workplace, like your manager. This would only occur with your written consent.