



Counselling services

EAP is provided for a variety of 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
- ▶ schooling and study difficulties.

EAP can also provide specific and culturally appropriate counselling services for cultural and linguistically diverse employees such as:

- ▶ for Aboriginal and Torres Strait Islander
- ▶ for Lesbian, Gay, Bisexual and Transgender (LGBTIQ).

About EAP

EAP is provided by City of Adelaide to employees and immediate family members at no cost.

You can access up to 3 one-hour sessions per calendar year. If longer-term counselling is recommended, 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. Phone counselling is an option if you need to speak to someone urgently.

The sooner you recognise any problem and discuss it with someone who can be of assistance, the easier it will be to resolve the problem.

How do I access EAP?

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

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 details 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.

Employee Assistance Program

Employee Assistance Program (EAP) is a confidential employer-funded support service supplied to City of Adelaide staff and immediate family experiencing personal or work-related concerns. Immediate family includes your spouse, partner, children and others living in your household.

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



Human Psychology

Think. Feel. Perform. Better.

Please refer to the Human Psychology website for details about the team. Call or email reception to arrange an appointment.

Human Psychology

120 Rundle Street
Kent Town SA 5067

Phone:

1300 277 924

Email:

reception@humanpsychology.com.au

Website:

www.humanpsychology.com.au

Open Hours:

Monday 9am – 5pm
Tuesday 9am – 5pm
Wednesday 9am – 5pm
Thursday 9am – 5pm
Friday 9am – 5pm

Saturday – CLOSED

Sunday – CLOSED

Employee Assistance Program.



Human Psychology

Think. Feel. Perform. Better.