



INFORMATION CARD

Your Employee Assistance Programme (EAP) is a professional and confidential service paid for by your employer. It is to assist you if you are experiencing any personal or work related difficulties. This service is provided by an independent company, EAP Services Limited, and their Professionals are all qualified, registered and highly experienced EAP specialists.

HOW CAN AN EAP PROFESSIONAL ASSIST YOU?

Aiming to enhance your work and life outcomes, EAP Services offer a range of programmes which deliver brief, solution focused support and practical strategies to assist you.

HOW CAN EAP SERVICES HELP?

Albert Einstein said, *"We cannot solve our problems with the same thinking that created them"*.

You can talk to an experienced Professional about any number of concerns including (but not limited to):

- ✓ Feelings of anxiety, stress or depression
- ✓ Family challenges, relationship issues
- ✓ Parenting problems, elder care issues
- ✓ Conflict and tension with colleagues, managers, partners
- ✓ Pressures placed on you in the workplace or personal situations
- ✓ Coping with serious illness, trauma, grief or bereavement
- ✓ Building resilience during times of change and uncertainty
- ✓ Preparing for retirement or redundancy
- ✓ Frustrations and confusion over your career direction
- ✓ Living with addictions and minimising their impact on your life
- ✓ Addressing financial matters or personal legal concerns

Often the longer an issue is ignored, the bigger it becomes and the bigger impact it has on your personal and work life. Contact EAP Services for confidential help and support.



To arrange support at a convenient time and location you can contact EAP Services anytime.

NZ 0800 327 669
AU 1800 726 474

www.eapservices.co.nz
Intl +64 9 353 0906

WHY DO YOU HAVE AN EAP PROGRAMME?

Wellbeing in the workplace means you are engaged, motivated, productive and successful, which links directly to your employer having happier staff and a positive workplace culture. Everyone benefits from a more vibrant work environment, opportunities for development and improved performance.

Our team at EAP Services are qualified, registered and highly experienced. We work in compliance with a professional code of ethics and EAP governance standards.

As an independent company engaged by your employer to provide external counselling services, we guarantee a genuine focus on meeting your needs.

HOW DO I ACCESS EAP SERVICES?

Appointments are available 7:30am - 7:30pm, Monday to Friday. In addition a number of EAP Services locations offer extended hours, including weekend support. Appointments can be Telephone, Face to Face, Video or e-Counselling.

For times when individual circumstances require an immediate response, a telephone service operates providing 24/7/365 support. On-call Professionals are available to respond as the situation requires.

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HOW CAN MANAGERS ENCOURAGE SUPPORT?

Sometimes employees need help but might not recognise this need. On these occasions, managers may wish to suggest the benefits of EAP Services to a staff member. The decision to attend by the employee is still entirely voluntary.

WHAT ABOUT CONFIDENTIALITY?

EAP Services is completely independent of your employer and no identifying information about you will be released without your written consent. Confidentiality is assured.

We care, We listen, We support

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We are here to support:

Maximising your Potential/Performance
Personal Relationships
Improving Workplace Issues
Children, Family and Elder Care Issues
Budgeting and Financial Management
Career Direction
Stress and Pressure
Anxiety and Depression
Grief and Bereavement
Personal Development and Coaching
Substance Abuse and Addictions
Family Violence
Personal Legal Advice

