

Make an appointment

You can access the EAP by calling PeopleSense on:

1300 307 912

peoplesense.com.au

We can arrange for you to see a psychologist face to face at a convenient location near you. If you can't make it to an office, the session can be held via telephone or Skype.

Managers and employees can either encourage use of the service or contact Peoplesense directly to discuss a referral if they are concerned about a colleague.

What if I can't make it?

24 hours' notice is required if you can't attend a session. Appointments cancelled with less than 24 hours' notice may be counted as one of your sessions.

Need more information?

Australia **1300 307 912 or
08 9388 9000**

New Zealand **00 61 8 9388 9000**

International **00 61 8 9388 9000**

SKYPE AVAILABLE

www.peoplesense.com.au



EMPLOYEE ASSISTANCE PROGRAM

1300 307 912

www.peoplesense.com.au

Your Employee Assistance Program

The Employee Assistance Program (EAP) is a free, professional and confidential counselling service. The service can be used for any personal or work related issues that may be impacting your general wellbeing.

Who provides the service?

PeopleSense employ experienced and qualified registered psychologists with a 'human' style. Our approach is friendly, caring and focused on practical solutions.

What issues do you deal with?

We deal with many work and personal issues such as:

- Depression, anxiety, stress;
- Family or relationship problems;
- Children and adolescents' mental health;
- Work related problems (e.g. bullying, conflict, redundancy);
- Alcohol or other substance use problems;
- Grief and loss;
- Trauma; and
- Other personal or work issues.



Sometimes you just need to be pointed in the right direction.

Frequently Asked Questions

Is it Confidential?

Yes. Confidentiality is guaranteed. PeopleSense is independent of your employer and will not release personal details or issues raised with your employer or any other agency without your consent, except where we are concerned for your safety or required to do so by law.

Is it free?

Yes. Your employer pays for this service so there is no cost to you or your family members.

How long is a session?

An EAP session is usually between 50 - 60 minutes.

How many sessions can I have?

When you contact us we can advise how many sessions are available to you based on who you work for.

Can my family members access the service?

Your immediate family members may be able to access the service. Please call us to find out if they are eligible.

What if it is an emergency?

PeopleSense psychologists are available 24 hours per day, 7 days per week for emergency situations and critical incidents.