



eapservices

altogether better with habit health

Information Card

Your Employee Assistance Programme (EAP) is a professional and confidential service, and fully funded by your employer. It is to assist you if you are experiencing any personal or work related difficulties. EAP Services 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?

Signs you would benefit from EAP Counselling:

- You can't explain your feelings
- You have suffered trauma and can't get over it
- You're oversensitive
- You are using a substance to cope
- You can't talk to your loved ones
- Everything you feel is intense
- Your usual coping skills are failing you
- You take all the blame
- You're arguing without resolution in your relationship
- You just need to talk
- You're getting bad feedback at work

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 confidential help and support at a convenient time and location you can contact EAP Services anytime.

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Why does your organisation 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.

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

How do I access EAP Services?

To arrange phone, in-person, video or e-counselling support at a convenient time and location you can contact EAP Services.

NZ 0800 327 669

Intl +64 9 353 0906

AU 1800 726 474

www.eapservices.co.nz

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 organisation and no identifying information about you will be released without your written consent. Confidentiality is assured.

EAP NOW

Our free-to-register mobile App which provides a highly accessible and flexible way of accessing your EAP support. As well as securing all your EAP appointments, the App provides

a range of services and information, including: wellbeing check-ups, a video on our services, reading resources, and FAQs.



To download visit: www.eapservices.co.nz/eapnow/

Reasons for seeking EAP support:

- You just need to talk
- Family concerns, parenting issues, strained relationships
- Life transitions and adjusting to change
- Self-esteem
- Anxiety and compulsive thoughts
- Legal advice (except for employment matters)
- Trauma, grief and loss
- Budgeting, managing debt, preparing for retirement or redundancy
- Communication skills
- Career direction, job uncertainty
- Workplace conflict
- Addictions – coping with your own or those of someone close to you
- Personal coaching and development