



eapservices

altogether better with habit health

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



NZ 0800 327 669

AU 1800 726 474

Intl +64 9 353 0906

eapservices.co.nz

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