

Employee Assistance Programme is here to help with any work or life issues and to improve your health and general wellbeing.

EAP Services provides brief solution focussed support that is completely confidential and fully funded by your employer.

The discussions with your EAP Professional will be informal, friendly and focused on meeting your needs.

- Feelings of anxiety, stress, pressure or depression
- Building resilience in times of change and uncertainty
- Dealing with burnout and fatigue
- Family challenges or personal relationship issues
- Addressing financial matters or personal legal concerns
- Coping with illness, grief, bereavement or trauma
- Parenting problems or elder care support
- Conflict and tension with partners or work colleagues
- Preparing for retirement or redundancy
- Personal development or career direction
- Managing addictions and minimising their impact
- Lifestyle or health issues

To request an in-person, phone, video or e-counselling appointment, scan the QR code, phone or visit eapservices.co.nz

NZ 0800 327 669 | **AU** 1800 726 474 | **Intl** +64 9 353 0906

