

We are here for you

EAP is:

- Free for employees (number of session depend on contractual agreement) and immediate family members may also be able to attend
- Confidential
- Independent of your workplace
- Available face-to-face, by phone (arranged via negotiation) or Telehealth online.

Every effort will be made to see you within five working days.

We provide workshops and seminars tailored to suit your organisation, for example:

- Communication skills
- Working with irate clients
- Difficult conversations with clients and staff
- Problem solving
- Critical incident debrief.

Please phone (08) 8223 4566 or email eap@rasa.org.au to book an appointment. EAP is available at these Relationships Australia SA locations:

Adelaide (City)

151 South Terrace Adelaide SA 5000
P: (08) 8223 4566 | F: (08) 8232 2898

Hindmarsh (Inner West)

49a Orsmond Street Hindmarsh SA 5007
P: (08) 8245 8100 | F: (08) 8346 7333

Port Adelaide (Outer West)

8 Butler Street Port Adelaide SA 5015
P: (08) 8340 2022 | F: (08) 8241 5236

Marion (South)

Suite 500a Westfield Shopping Centre
297 Diagonal Road Oaklands Park SA 5046
P: (08) 8377 5400 | F: (08) 8377 5411

Salisbury (North)

Shop 7 Salisbury Cinema Complex
Cnr James and Gawler Streets Salisbury SA 5108
P: (08) 8250 6600 | F: (08) 8285 4494

Elizabeth (North)

13 Elizabeth Way Elizabeth SA 5112
P: (08) 8255 3323 | F: (08) 8255 7753

Berri (Riverland)

9 Kay Avenue Berri SA 5343
P: (08) 8582 4122 | F: (08) 8582 4152

www.rasa.org.au

August 2022

Employee Assistance Program

Positive and productive workplace relationships



Relationships Australia.
SOUTH AUSTRALIA

The Employee Assistance Program (EAP) is offered free-of-charge by your employer as part of your employment.

You can access a number of sessions depending on your organisation's agreement with Relationships Australia SA. More sessions can be negotiated if required.

How can EAP counselling help you?

Our experienced counsellors can help you with issues such as:

- Stress and fatigue
- Couple and family issues
- Separation and divorce
- Conflict and harassment
- Addictions
- Anxiety and depression
- Bereavement
- Financial difficulties
- Work and career problems
- Adjustment to organisational change
- External supervision.

What are the benefits of EAP counselling?

EAP offers you:

- A safe and confidential place away from your workplace to discuss concerns you are having at work or home.
- A chance to deal with things before they get out of control.
- The possibility of feeling more contented and productive at work.
- An opportunity to learn ways of balancing work and personal life.
- Support to work through personal and family matters.

Our services

- Individual or couple counselling
- Mediation and conflict resolution
- Personal development
- Conflict coaching
- Critical incident debriefing
- Workplace mediation
- Therapeutic group and training
- Workplace seminars, training and courses.

Our staff

Relationships Australia SA's EAP staff are registered psychologists, social workers, counsellors, mediators and trainers who have extensive experience working with a range of clients, organisations, individuals, couples and families.

Confidentiality

Trust is essential – we offer a highly confidential counselling service. Your personal issues and information will not be discussed with your employer, unless you give your consent.

How do you access EAP?

Access to EAP varies between organisations. Some organisations prefer their employees to make the decision to contact the service themselves. Some organisations prefer their employees to speak with their relevant HR/Administrative Manager first. You are entitled to a number of free sessions, and you might be able to bring your partner or a family member with you. Sometimes a supervisor will recommend using the EAP Service.

Please phone **(08) 8223 4566** or email eap@rasa.org.au and our Client Services Officer will help you to book an appointment. When you phone you will be asked to identify your employer.

