

Employee Assistance Program

Employee Assistance Program (EAP) is an employer-funded support service available to employees, regular volunteers and immediate family members experiencing personal or work-related concerns.

Human Psychology provides a confidential and effective counselling process that is practical and solution-focused. The service is aimed at improving mental health and wellbeing, and consults can be accessed either in person or via phone/telehealth platforms.

Accessing assistance is an act of independence and strength which can empower you to make positive changes in your life.



Human Psychology

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Please refer to the Human Psychology website for details about the team. Call or email reception to arrange an appointment.

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Employee Assistance Program.




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Cancer Council
SA



Counselling Services

EAP is provided for a variety of personal, emotional or work-related matters including:

- ▶ anxiety, depression and emotional health
- ▶ workplace conflict or disharmony
- ▶ coping with organisational change
- ▶ stress and burnout
- ▶ reactions to traumatic or distressing events
- ▶ grief and bereavement
- ▶ misuse of alcohol or other drugs
- ▶ interpersonal relationships
- ▶ marriage and family relationship difficulties
- ▶ basic financial issues
- ▶ schooling and study difficulties.

EAP can also provide specific counselling services for individuals who identify as:

- ▶ Aboriginal and Torres Strait Islander
- ▶ Lesbian, Gay, Bisexual, Transgender, Intersexual, Queer, Asexual and minority gender/sexual identities (LGBTIQA+).

Management support is also available and the EAP can assist with consulting and coaching services to assist management to:

- ▶ resolve workplace issues
- ▶ develop practical intervention strategies
- ▶ address inappropriate/difficult behaviour coaching.

About EAP

Cancer Council SA offers an Employee Assistance Program (EAP) to all employees, regular volunteers and their immediate family members.

Each individual is entitled to two packages of four sessions per calendar year. If longer-term support is recommended, your clinician will discuss various options with you.

Human Psychology will try to accommodate your clinician preferences. Please refer to the website for details about the clinical team.

The sooner you recognise any issue and discuss it with someone who can be of assistance, the easier it will be to resolve.

Accessing EAP

Call 1300 277 924 to schedule a convenient time to speak with a clinician, either in-person or via phone/telehealth platforms. Accessing EAP is never compulsory, however it may be advised if your job performance or personal life is being affected.

What about confidentiality?

Confidentiality is assured and maintained. Clinicians are obligated by a professional code of ethics, which prohibit them from sharing information provided with written consent.

Occasionally, it may be beneficial for the clinician to engage in a conversation with an individual at your workplace, such as your supervisor. Such a situation would only happen upon receiving your written consent.