

BREATH E

C O U N S E L L I N G

Employee Assistance Program (EAP)

Breathe Counselling

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Our Employee Assistance Program (EAP) can be a great way for you and your staff to access confidential and professional support that is conducive to health, wellbeing and productivity.

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Our approach is:

- o Proactive
- o Preventative
- o Professional

For more information about Breathe Counselling and our EAP service, please contact us.

Breathe Counselling

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JACA | AUSTRALIAN
COUNSELLING
ASSOCIATION

BREATH E

C O U N S E L L I N G

Employee Assistance Program (EAP)

Who?

Breathe Counselling is a professional, confidential counselling service provided to you under your employers Employee Assistance Program.

What?

EAP is a service that enables employees to access free and confidential counselling or coaching sessions.

- o A safe rapport is built with a counsellor where you are supported to talk about issues that may be effecting you.
- o You may just need a 'one off' session to discuss a key issue
- o You may benefit from short term counselling, where you have opportunity to work through unpleasant thoughts or feelings.
- o You may want some coaching in an area of leadership, motivation, communication or work/life balance.

Why?

- o To address communication and relationship issues (including marriage)
- o To address anxiety
- o To alleviate and manage stress
- o To deal with grief and loss
- o To achieve a better work/life balance
- o To better deal with difficult people
- o To think and feel better

When?

- o If you are experiencing unhealthy stress with or experiencing circumstances that are troubling you, make the call.
- o If you need someone to talk to about your mood or a mindset that you are struggling to shake, make the call
- o If you are finding a relationship at work or at home difficult to manage, make the call.

How?

- o Breathe Counselling will provide your organisation with contact details which will enable you to confidentially arrange an appointment with a counsellor from your closest Breathe Counselling office.