



# FACT SHEET

A professional and confidential counselling service for the benefit of employers and employees  
> [anglicarewa.org.au](http://anglicarewa.org.au)

## WHAT IS AN EMPLOYEE ASSISTANCE PROGRAM?

An Employee Assistance Program (EAP) provides confidential, professional counselling to employees.

## ACCESSING THE SERVICE

Employees can access EAP counselling through any of Anglicare WA's offices which are located in both metropolitan and regional areas. Consultations can be booked at a time that suits the employee and where employees are unable to attend a face to face session counselling can be conducted over the phone by calling 1800 812 511.

At all times EAP counselling remains voluntary and confidential.

## THE EAP OFFERS:

- Counselling provided in a caring, safe and confidential environment
- Professional and experienced counsellors to help resolve issues that impact on your personal and/or working life
- Male and female counsellors
- Face-to-face counselling within two working days of contact
- Up to six sessions per year paid for by your employer

EAP counsellors have experience with a wide range of issues including:

- Relationships
- Separation
- Mental Health Issues
- Work Stress
- Grief and loss
- Family Issues
- Family Violence
- Suicidality
- Trauma
- Children's Counselling
- Financial Worries
- Depression
- Disability
- Parenting/Step Parenting
- Employment Issues

## FEATURES OF THE EAP

### Professional Counsellors

All counsellors have tertiary qualifications and are professionally supervised.



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### Referrals and Other Services

We provide a variety of other services that compliment the Employee Assistance Program. These include:

- Relationship Education and Skills Training seminars and courses
- Separation Services and Family Dispute Resolution
- Children's Contact Service
- Individual, couple, family and child counselling
- Men's counselling and groups

### Appointment Hours - East Perth

9am to 4:30pm Monday

9am to 9pm Tuesday - Thursday

9am to 4pm Friday

Office hours vary in the other locations, please contact your nearest office for further details.

### CONTACT US

#### Metropolitan Offices

East Perth	9263 2087
Gosnells	9263 2087
Joondalup	9263 2087
Rockingham	9263 2087
Mandurah	9263 2087

#### Regional Offices

Albany	9845 6666
Broome	9194 2400
Karratha	9143 1880
Kununurra	9166 5000

#### State Wide Telephone Counselling

1800 812 511