

# Your Employee Assistance Program

Confidential  
counselling  
& support



An **Employee Assistance Program (EAP)** is an independent and confidential counselling service provided by the employer to assist their employees with work and or personal issues. An **EAP service** is short term counselling and wellbeing support. In some workplaces, immediate family members are eligible to receive **EAP services**.

## **EAP services** include

- counselling
- outreach counselling services
- manager support services
- critical incident response and support
- face to face, online and phone support

Appointments can be arranged by phoning our EAP Counsellors **Daly & Ritchie** by calling **1300 84 44 33** or emailing [support@dalyritchie.com.au](mailto:support@dalyritchie.com.au)



[dalyritchie.com.au](http://dalyritchie.com.au)

*We  
can help*

# Your Employee Assistance Program

Confidential  
counselling  
& support

Whilst **EAP** is voluntary, accessing the service can assist with a range of problems.  
This can include but not limited to:

- anxiety related to COVID-19
- workplace conflict
- impact of psychosocial hazards
- career development
- personal relationship issues
- children and adolescents
- grief and bereavement
- concerns for team members
- elderly parents, relatives or friends
- financial issues
- work life balance
- changes in the workplace

## What is EAP?

An **Employee Assistance Program (EAP)** is an independent and confidential counselling service provided by the employer to assist their employees with work and or personal issues.

## How does EAP work?

You can speak with a counsellor **face to face** or on the **phone**.

The appointments are paid for by your employer who allocates a specific number of sessions for their employees. In some instances, family members can access the service.

## Speaking with a Counsellor helps

Talking through issues with a qualified counsellor can assist you in **understanding the situation**.

The counsellor does not give advice.

The role of the counsellor is to **help you find the solution** that is best for you.

## Who is Daly & Ritchie?

**Daly & Ritchie** is an EAP provider that offers counselling and wellbeing services to employers and employees.

We are available **24 hours / 7 days a week**.



We look forward to providing you with assistance.

Appointments can be arranged by phoning **1300 84 44 33** or emailing [support@dalyritchie.com.au](mailto:support@dalyritchie.com.au)

Note: the email address is only monitored during business hours.

[dalyritchie.com.au](http://dalyritchie.com.au)