

Employee Assistance Program (EAP)

Enhancing your wellbeing

What does the EAP mean for you?

Your Employee Assistance Program allows you to feel comfortable knowing that you can confidentially discuss any work or personal issues that are an inevitable part of life.

What the EAP assists you with?

Optum™ will help you to identify, explore and manage any issues impacting your life, which can include:

- Conflict and communication
- Maximising performance
- Depression, anxiety and stress
- Relationship and marital problems
- Children or family member concerns
- Grief and bereavement
- Elder care issues
- Addictions
- Career path issues
- Retirement
- Work life balance
- Work stress

What you need to know...

Where does counselling take place?

It's up to you! We can provide counselling services over the phone or off-site face to face at one of our national locations.

Who are the counsellors?

All Optum counsellors are highly professional qualified psychologists and social workers, with peak industry body accreditation and vast experience.

Manager Assist Service

A dedicated Manager Assist telephone advisory service which provides management advice and support to principals and managers.

Make an appointment Australia (24/7)

1300 361 008

