

Employee Assistance Program (EAP)

Get better performance with expert EAP support.

Our Employee Assistance Program (EAP) helps employees tackle personal and work challenges before they impact wellbeing and productivity. Our services include:

- ✓ Confidential Counseling
Support for stress, anxiety, relationships & more.
- ✓ Work-Life Balance
Manage workload pressures and personal responsibilities.
- ✓ Conflict & Resolution Training
Strengthen workplace relationships and adaptability.
- ✓ Critical Incidence Report
Immediate assistance for workplace crises.
- ✓ Manager Training
Equip leaders to recognise and support mental health concerns in their teams.
- ✓ Draft EAP Policy
Assistance in developing an EAP policy tailored for your workplace needs.

Your Employee Assistance Program is:



Always Accessible

Over the phone, virtually on MS Teams or in person.



Fast and Flexible

Quick support with no delays or lock-in contracts.



Confidential & Led by Experts

Private, professional guidance from licensed psychologists.

Ready to support your team? Let's talk.



contact@hrconsultingmelbourne.com.au



1800 HRCONSULT



hrconsultingmelbourne.com.au



Scan the QR Code to visit our support portal.