



PERTH PSYCHOLOGISTS

EAP Information for Employers

What is an **EMPLOYEE ASSISTANCE PROGRAM (EAP)**

An **EAP** is a work-based program designed to enhance the emotional, **mental and general psychological wellbeing** of all employees. The aim of an **EAP** is to provide preventive and proactive interventions for the early detection, identification and/or resolution of both work and personal challenges that may affect an employee's performance and wellbeing.

EAP FACTS and MENTAL HEALTH



- Productivity and profitability of business is impacted by employee well-being
- In an average year up to 1 in 5 employees may take time off for their mental health
- Mental health issues cost Australian businesses more than \$10 billion per annum
- EAPs are tax deductible

- Reduction in sick days
- Reduction in workers compensation claims
- Reduction in staff turn over
- Increase in quality of life/well-being
- Increase in work productivity

VALUE of an EAP for YOUR BUSINESS



Our EAP Counselling SERVICES



- Relationships
- Anxiety
- Depression
- Anger Management
- Coping with Change
- Trauma
- Substance Abuse
- Gambling / Addictions
- Financial Problems
- Stress Management
- Communication Problems
- Mediation

- Packages for both small and large businesses
- Experienced psychologists and consultants
- Confidential employee self-referral and counselling
- Accessible in multiple locations across Perth
- Critical Incident Response and Fly in Fly out counselling
- Counselling by skype for those in remote areas
- Additional management and team training packages

Why PERTH PSYCHOLOGISTS



FOR MORE INFORMATION CALL

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