

EMPLOYEE ASSISTANCE PROGRAM

FREE PROFESSIONAL AND CONFIDENTIAL COUNSELLING FOR ALL EMPLOYEES AND THEIR FAMILIES

WHAT IS EAP?

The Employee Assistance Program (EAP) is a private and confidential, professional assistance and advisory service.

WHAT DOES EAP DO?

It provides short-term assistance to VU staff and their families for personal or work-related issues affecting your life or ability to do your job. You can make contact in person or by phone.

EAP consultants will help you clarify a problem or situation, identify your options, and help develop possible solutions and an action plan to put into place.

HOW DO I USE EAP?

You can ring the EAP on **1300 327 288**, 24 hours a day.

MANAGER HOTLINE

The manager's hotline provides managers and supervisors access to a telephone based "helpline" for brief support and advice on people related issues.

1300 EAP AT VU

WHAT CAN EAP HELP WITH?

The EAP is able to address a wide range of issues, including:

- managing stress mental health conflict & tension
- changes at work or at home
- personal and career direction
- relationship or family problems
- grief and bereavement
- alcohol and drug problems
- gambling and financial problems and
- legal matters

The EAP can also make a referral to external support agencies for longer-term assistance.



VU students please refer to Counselling Services www.vu.edu.au/facilities-and-services



vu.edu.au

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