

## About Interrelate

Interrelate has been a leading provider of quality relationship services since 1926. We are a community-based, not-for-profit organisation with a network of centres across metropolitan, regional and rural New South Wales. Each year Interrelate helps over 60,000 individuals, couples, families and children to strengthen their relationships.

## We are committed to

- Fostering resilience within families and communities by helping individuals, couples and families build stronger relationships
- Working in the best interests of children to create supportive family environments
- Respect, equality, compassion and empowerment for all, regardless of gender, sexuality, culture or age
- Reconciliation with Australia's first peoples

**1300 i relate (1300 473 528)**

Monday to Friday between 9am – 5pm

[www.interrelate.org.au](http://www.interrelate.org.au)

 [facebook.com/interrelate](https://facebook.com/interrelate)

 [@InterrelateFC](https://twitter.com/InterrelateFC)



# Employee Assistance Program

**Confidential counselling**  
for employees and their families

# Talking with an Interrelate counsellor could change your life

## What is an Employee Assistance Program?

An Employee Assistance Program (EAP) is an initiative of your employer to provide you and your fellow employees with confidential help for a range of personal and work-related issues. Your employer has agreed to engage Interrelate counsellors to help its employees deal with problems that might adversely affect their job performance, health and wellbeing. Your family may also be eligible for this service.

## Why talk with an Interrelate counsellor?

Talking with a counsellor can help you explore and change aspects of your life and relationships that aren't working as well as they could. Talking to a professional counsellor – whose job it is to listen and help people solve their problems – can help you pinpoint the real problem and make sense of how you feel without judgement.

It's not about giving advice, it is about helping you to find answers that work for you and your situation.

## How does it work?

The EAP service involves you speaking with an Interrelate counsellor either face-to-face, over the phone or via the internet. The service is available between Monday–Friday, 9am–5pm. Appointments are usually scheduled during business hours.

Your first session will probably last about one hour.

## Do I have to pay?

No, you receive free support sessions with a counsellor because your employer has agreed to pay the cost as an added benefit for you working for their company. The number of sessions are as per negotiated with your employer. If you are interested in more long-term support we can discuss this with you once you reach this limit.

## What can I talk about?

Interrelate counsellors can assist you with a range of issues including:

- anger and violence
- bullying, harassment and abuse
- career transitions
- communication break-down
- coping with change
- dealing with a crisis
- depression, anxiety, worry and phobias
- downsizing and redundancies
- eating and weight issues
- emotional difficulties

- family conflict
- gambling, drug, alcohol and other addictions
- grief, bereavement and loss
- interpersonal conflict at work
- loneliness
- managing heavy workloads
- marital and relationship issues
- mental health issues
- motivation and self-esteem

## Will you tell my employer?

This is a confidential service and privacy is important to us. When you speak with an Interrelate counsellor, no details of your issues will be discussed with anyone without your permission. We do periodically report to your employer on how employees are using the service, but this does not give them any identifying information.

# How to make an appointment

1. **Call 1300 i relate (1300 473 528) Monday to Friday between 9am – 5pm**
2. **Tell us you are an EAP client**
3. **Tell us the name of your employer**