



What is EAP?

An Employee Assistance Program (EAP) is a professional, short-term, solution-focused counselling service available to you through your workplace. It offers employees support to resolve workplace or personal issues. The EAP is funded by your workplace and is provided at no cost to you.

EAP Services are provided by The Team Approach, independent of your workplace to ensure your confidentiality.

Everyone deserves to be surrounded by a great team!

The Team Approach

2/11 Clifton Springs Rd
Drysdale. VIC. 3222

Contact Us

Ph - 03 70 43 1010

info@theteamapproach.com.au
www.theteamapproach.com.au



Employee Assistance Program (EAP)

The Team Approach



Creating Mentally Healthy Workplaces!

EAP assists with:

- Stress management
- Feelings of being overwhelmed
- Work/life balance
- Anxiety & depression
- Relationship & family issues
- Communication breakdowns
- Grief & loss
- And many other workplace & personal challenges

EAP Services are:

- Free for employees
- Confidential
- Available face-to-face, by telephone, Zoom, Skype, Teams or FaceTime
- Independent of your workplace
- Provided by experienced & qualified Counsellors
- Solution-focused
- Short-term
- Support employees with personal &/or professional challenges that impact work performance

Booking Your Appointment is Easy

- Self referral is the most common way that employees access EAP.
- Sometimes a manager may recommend EAP to an employee who has come to them looking for advice or direction.
- Scan this QR code to request an EAP appointment. We will get back to you via telephone or email asap.

