

## Let's prioritise your wellbeing

All our services are free, confidential and easily accessible – simply get in touch. Wherever you are in your mental health journey, you can connect with us. Support includes:

### EAP Counselling

Our most popular service is our confidential one-on-one counselling sessions. Short term and solutions-focused, your professional counsellor helps you work through what's impacting your wellbeing.

### Coaching

Achieve your goals more effectively by working with one of our coaches to create a plan that builds on your strengths and helps you overcome any obstacles.

### Specialised services

Speak with counsellors and consultants who are experienced in specific areas. Support includes:

- Career counselling
- Nutrition consultation
- Legal consultation
- Cancer counselling
- Perinatal counselling
- Financial coaching

**Let's have a conversation about how we can best support you.**

For more information about AccessEAP and our services, reach out to us on:

**1800 818 728**

or visit our website:  
**[accesseap.com.au](https://www.accesseap.com.au)**



**Download the AccessMyEAP app for more wellbeing resources.**



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# Your wellbeing is our priority



## Support to be the best you



# Not feeling like yourself?

Sometimes we don't feel like ourselves and we're not sure why, but it makes it hard to get through the day. Our counsellors have supported many people experiencing this, and they can support you too.

## Support that works for you

Our confidential counselling and coaching helps you work through what you're experiencing. Contact us for a confidential chat - we'll help you find the support you need to feel like your best self again.

## Culturally sensitive support

We offer confidential support in a sensitive, comfortable and culturally appropriate way. Call our dedicated support lines if that support feels right for you.

**Aboriginal & Torres Strait Islander Support Line:**  
1800 861 085

**LGBTIQ+ Support Line:**  
1300 349 950

Available 8am – 6pm Monday - Friday.  
Outside of business hours, assistance will be provided via our after hours service.

