

# EMPLOYEE ASSISTANCE PROGRAM

Your Wellbeing Partner in:



## Life

Overwhelmed by any demands or pressures, dealing with change, grief and loss



## Mind

Feelings of anxiety, stress or depression



## Work

Developing work-life balance and improving/maintaining performance



## Relationships

Issues or conflict with a partner, friend or colleague



## Money

Financial counselling, debt management



**FREE & CONFIDENTIAL  
COUNSELLING**

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