



EAP ASSIST

Your Workplace Wellness Program

EAPASSIST.COM.AU – MENTAL HEALTH COUNSELLING & WELLBEING SUPPORT

EAP ASSIST - PROMOTING WELLNESS

EMPLOYEE ASSISTANCE PROGRAM

EAP Assist supports employees wellbeing with confidential phone counselling throughout Australia & overseas. One of the most important aspects of effective counselling is for it to be delivered as quickly & efficiently as possible.

Counselling aims to help resolve both workplace & personal issues before they adversely impact an employee's mental health, well-being & workplace performance.

Common issues include workplace conflict, bullying, stress, anxiety, depression, burnout as well as personal issues such as alcohol & substance abuse, gambling, relationship issues, domestic violence & trauma.

These issues can cause work based difficulties such as absenteeism, poor productivity, reduced performance & low job satisfaction & may also affect the employee's ability to cope with the demands of everyday life.

EAP Assist counsellors are all qualified & highly experienced & will initially ask for your name as well as that of your employer in order to confirm eligibility for services. Information obtained during counselling is confidential & will not be released to any third party without prior written consent.

To access up to three hours of telephone counselling from 9am - 9pm Monday - Saturday go to Booking Form at: eapassist.com.au/booking-form/ using your company's allocated Access Code: 0407086000 & your registered company name: Hellomonday Pty Ltd

The EAP Assist website also contains an extensive range of self-help resources including digital treatment programs, apps & wellness challenges for employees to access: eapassist.com.au

(Services valid to 26-09-25)



To book a counselling appointment go to:
eapassist.com.au/booking-form/ using your
Access Code: 0407086000

Or scan the QR Code below:

