

Self Essentials Employee Assistance Programs (EAP)

EAP'S are confidential, effective, early intervention programs offered in the workplace. These programs address work related and personal issues which may be affecting productivity, morale, and safety. EAP's assist employees, managers, supervisors and peers to resolve personal and/or work related problems.

EAP's have been shown to:

- Decrease absenteeism and lateness
- Improve productivity
- Reduce staff turnover
- Increase cooperation between staff
- Reduce workplace accidents
- Enhance management effectiveness

Core Services Offered

- Confidential, free of charge psychological counseling services to employees
- All counseling services are provided by Self Essentials psychologists with over nine years professional experience and training in conflict resolution
- All psychological counseling services are evidence based and solution focused.
- Group based conflict resolution and problem solving skills training
- Group based workplace training in stress management, time management and problem solving

How does the EAP work?

The service is provided by an agreement with the employer to pay for employees to be assisted by Self Essentials psychologists. All psychological appointments are completely confidential. Management are not able to access any information regarding who is accessing the service.

Where do appointments take place?

Psychological consultations are arranged via appointment. Employees simply telephone Self Essentials for an appointment. Telephone counseling is available during and after business hours. Face to face appointments can be arranged at your office location or at Self Essentials' office in Balmain.