

## What happens in counselling?

Our professional counsellor will work with you to assist in managing or resolving any concerns that negatively impact your life. MAP counselling is designed to be short term, solution focussed counselling. If you require further and/or specialised support, referral to other services will be provided. The aim is to discuss your concerns and work out some strategies or options to improve your coping skills.

## Getting the help you need is simple

If you need support, please call us at AccessEAP to make an appointment. We're available by telephone 24/7 to provide immediate help for urgent matters.

## CALL your Member Assistance Program



In Australia call

**1800 931 711\***

*\*advise that you are included with the HNECC Primary Health Network program and your practice*



**Your confidentiality is assured**

## For more information

w [accesseap.com.au](http://accesseap.com.au)

e [info@accesseap.com.au](mailto:info@accesseap.com.au)



# MEMBER ASSISTANCE PROGRAM phn

HUNTER NEW ENGLAND  
AND CENTRAL COAST

An Australian Government Initiative





## YOUR WELLBEING STARTS HERE

**Your Member Assistance Program (MAP) is a voluntary, confidential and complimentary counselling service. It is a short-term, solution focused approach to help you enhance your overall wellbeing.**

MAP can assist when personal, family or work related concerns are impacting on your health or quality of life and also when you need guidance on professional or personal goals or effective communication skills. Through professional and experienced counselling sessions, you can achieve your full potential.

This service is completely confidential. Your employer or colleagues will never be informed that you have contacted us; your privacy is guaranteed.

MAP appointments can be made by simply telephoning AccessEAP. Our Client Services Team can arrange face-to-face counselling at a time and location that's convenient to you. Counselling services are also available via telephone and online.

All our counsellors are independent of your organisation and focused on supporting you to address any issues impacting your wellbeing.

## WHEN TO CONTACT US

Many life challenges and changes are best resolved with assistance from an experienced counsellor. You may want to consider seeing an AccessEAP counsellor for the following:

### PROFESSIONAL CHALLENGES

- Needing support to help achieve your goals
- Missing deadlines
- Involved in conflicts frequently
- Needing new strategies on professional or personal goals

### PERSONAL CHALLENGES

- Distracted by issues at work or at home
- Not feeling your usual self
- Feeling overwhelmed

### Some reasons people contact AccessEAP are;

- Improving relationships/communication with others
- Facing crisis and trauma
- Grief and loss support
- Strategies for handling conflict with colleagues or managers
- Facing alcohol, drug or gambling addictions
- Handling anxiety and stress effectively
- Feeling depressed or down
- Improving work performance
- Assistance with financial and legal distress