

## About Bethany Community Support

Bethany Community Support Inc. is a Geelong-based not for profit organisation established in 1868.

Today, Bethany provides a wide range of support services to individuals, couples, families and children.

Our Vision is to be a recognised leader in providing services that work in new ways to support children, families and individuals to be the best they can, develop secure relationships and participate in their community.

For more information on Bethany's services, log on to our website [www.bethany.org.au](http://www.bethany.org.au) or phone (03) 5278 8122 to speak to a staff member.

**be your best**

## How can I find out more about an EAP?

Visit the Bethany website:

[www.bethany.org.au](http://www.bethany.org.au)



Bethany Community Support  
16 Ballarat Rd, Hamlyn Heights VIC 3215  
T: (03) 5278 8122  
F: (03) 5278 6382  
[www.bethany.org.au](http://www.bethany.org.au)

# Employee Assistance Program



Provided by



## What is an Employee Assistance Program?

An Employee Assistance Program (EAP) is a free, voluntary and confidential counselling service available to an employee of an organisation.

The service is available to any employee requiring assistance with issues affecting their wellbeing either personally or at the workplace.

## What are some of the problems that an EAP can help with?

The EAP can be used for assistance with:

- Relationship issues
- Family difficulties
- Personal problems
- Stress and anxiety
- Interpersonal conflicts
- Alcohol or drug related issues
- Grief and loss
- Financial hardship
- Issues affecting work

The EAP can also assist with referral to other support services if required.

## Why use an EAP?

Most people experience issues that may have an impact on their work at some time in their lives. Many people find the problems short lived and easily resolved, sometimes with the help of family or close friends.

At other times the difficulties may persist. In these cases it is important to seek help.

The EAP can be used for assistance with resolving any issues that may be causing concern to an employee.

## What is counselling?

Counselling assists individuals to explore options, alternatives and solutions to personal problems. Face to face or telephone counselling is available as part of an EAP Program.

Bethany's counsellors have a broad range of qualifications and experience including Counselling, Psychotherapy, Family Therapy and Social Work.

## How do employees access an EAP?

Employees contact Bethany directly to book their strictly confidential appointment. Each employee can access up to three sessions per issue.

To access EAP simply call:  
(03) 5278 8122

EAP is free, voluntary and confidential.

