

## 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.



### Bethany Community Support Inc. (Main Office)

16 Ballarat Road, Hamlyn Heights, VIC 3215  
PO Box 324, North Geelong, VIC 3215

**P** (03) 5278 8122 **F** (03) 5278 6382

**E** [info@bethany.org.au](mailto:info@bethany.org.au)

### West Geelong

1/2 Waratah Street, West Geelong, VIC 3218

**P** (03) 5247 2111 **F** (03) 5247 2126

### South West (Warrnambool)

Ground Floor, Bayside Plaza, 24 - 36 Fairy Street,  
Warrnambool, VIC 3280

PO Box 5114, Warrnambool, VIC 3280

**P** 1300 510 439 **F** (03) 5564 0799

### South Geelong

9B Strong Street, South Geelong, VIC 3220

**P** (03) 5278 8122 **F** (03) 5278 6382

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



At Bethany we celebrate diversity and innovation. We embrace creating a connected organisation which enables all service users, employees, students, contractors, and volunteers to feel safe from discrimination. We support an inclusive environment where people of all genders and ages, people living with a disability, First Nations people and people from LGBTI and CALD communities feel empowered to contribute their experiences and ideas; knowing that these will be valued.

Bethany acknowledges and pays respect to the Traditional Aboriginal owners of country throughout Australia, their culture and Elders past, present and future



## Employee Assistance Program





## What is an Employee Assistance Program?

An Employee Assistance Program (EAP) is a free, voluntary and confidential counselling services 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.

