

1300 132 098

What is an EAP?

Life brings a range of unexpected challenges and stresses from time to time. Some we can handle well ourselves, but others may require support to help us clarify the issues, identify our choices and work out real solutions.

Your EAP offers confidential, professional counselling support to assist you in these challenges and help you make the most of life.

**You are valued.
The job you do is important!**



...finding real solutions for difficult times.

Confidentiality is assured. Counselling can be arranged at a venue to suit your individual needs.

Local Call Cost

For further information or for an appointment please contact:

1300 132 098



**SUPPORTING PEOPLE
AND WORKPLACES**

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**EMPLOYEE ASSISTANCE
PROGRAMME**



**SUPPORTING PEOPLE
AND WORKPLACES**



Because you are a valued employee, CLS has been contracted by your employer to provide the following options in your workplace:

- Personal counselling and support for you and members of your immediate family
- Mentoring
- Critical Incident Management and Debriefing
- Mediation and Dispute Resolution

These services are provided by suitably qualified professionals.

Confidentiality Guaranteed:

You can have peace of mind in knowing your connections with the service are totally confidential.

Answering your questions:

What does it cost?

There is no charge to employees and their immediate families for the counselling services. You will be advised how many sessions you are entitled to by your counsellor. If you are referred on for extra assistance, this will be at your own cost.

Who will know?

Only you and those you choose to tell. The service is confidential. Your employer will not know you have used this service unless you choose to tell them. Reports to the employer are statistical only.

Do I have to use the service?

This is your choice. The EAP is provided and encouraged by your employer. Your participation is voluntary.

How do I become involved?

You or your immediate family are free to contact CLS directly on the 1300 number in this brochure. In some cases, your manager or supervisor may recommend you contact the service to assist you in dealing with a workplace or personal issue of which they may become aware.

What sort of issues can I be supported through?

Life brings all sorts of surprises – some of them are unwelcome! CLS can assist with a wide range of issues, including the following:

- Depression
- Grief
- Conflict with others
- Health
- Stresses
- Abuse
- Financial matters
- Relationships (at home or at work)
- Legal matters

...in fact, most difficult things life brings.



**Make the most of your life!
Access the support offered by
your workplace through CLS.**