EAP SERVICES

- General counselling

- EAP Manager Assist * (NSWPF managers and team leaders only)

- Aboriginal counselling services

- Access to EAP online

- Alcohol, pharmaceutical drugs and gambling counselling (NSWPF employees only)

NSW GOVERNMENT

NSW Police Force

EMPLOYEE ASSISTANCE PROGRAM

- ☑ SPONSORED BY HUMAN RESOURCES COMMAND
- ☑ 6 FREE COUNSELLING SESSIONS OVER A 2 YEAR PERIOD
- ☑ AVAILABLE FOR YOU AND YOUR FAMILY
- ☑ CONFIDENTIAL
- ☑ EXPERIENCED PSYCHOLOGISTS

ALL INFORMATION GATHERED WILL REMAIN PRIVATE AND CONFIDENTIAL

APPOINTMENTS CAN BE MADE BY CALLING 1300 667 197

WHAT IS EAP?

The Employee Assistance Program (EAP) is a short term counselling service for NSW Police Force employees and their immediate families.

The EAP can help you and your family with any problems or concerns that affect your psychological or emotional well-being.

Common problems where an appointment with an EAP psychologist can help include:

- Relationships
- Extended/blended family issues
- Bereavement, grief and loss
- Anxiety, depression and stress
- Alcohol and addictions
- Conflict
- Personal issues
- Violence and anger
- Managing life stages

IS THE EAP CONFIDENTIAL

All EAP consultations are strictly confidential. Information about you is not shared with anyone unless authorised by you in writing, or if required under Australian law.

THE EAP PROVIDES
ACCESS TO PROFESSIONALS WHEN YOU NEED IT

WHO PROVIDES THE EAP?

The NSW Police Force contracts an external provider to deliver our EAP.

The NSW Police Force covers the cost of the EAP for you and your immediate family. We are committed to helping our employees address problems in their lives in order to enhance their safety and general well being.

HOW DO I ACCESS THE EAP?

You can make an appointment by telephoning **1300 667 197** from anywhere in Australia. Supervisors, peer support officers or colleagues can encourage you to make use of the service and with your permission can make arrangements on your behalf.

WHO CAN ACCESS THE EAP?

The program is available to all NSW Police Force employees and their immediate families. This includes your spouse or partner and your children and parents. In exceptional cases, it may be extended to other close family members e.g. siblings.