



INFORMATION FOR EMPLOYEES

EMPLOYEE ASSISTANCE PROGRAM



Book an appointment
with Oasis Employee Assistance:

1300 798 474
eap@oasispc.com.au

www.oasispc.com.au/eap

Human interaction is a core business process



As humans, it is unrealistic to expect that we will consistently deliver higher performance and productivity at work all the time. We all have good days and bad days, some of us have challenges and issues going on in our lives that distract us from work, some of us have real and overwhelming crises, and others may be dealing with the serious mental health concern such as depression or anxiety.

These and other issues do affect us at work.

At Oasis Employee Assistance, we believe that organisations prosper when people prosper.

Your organisation has appointed us because they believe that too.

Our Employee Assistance Program (EAP) is designed to support you when you need it most. Talking to a qualified counsellor may be just what you need to make sense of something right now. It may be to have someone “just listen”, or for you to talk an issue out with a removed 3rd party or to identify an improvement or a positive change you might need in your circumstances.

POSSIBLE REASONS YOU MIGHT USE THE SERVICE:

- Family crisis or breakdown
- Drugs and Alcohol
- Depression, anxiety or stress
- Work unhappiness or conflict
- Inability to cope with change
- Career/Work instability

BENEFITS TO YOU:

- An outlet for workplace stress and change
- Increased job satisfaction
- Care for your total well-being
- Get back to full health and work productivity quicker
- Increase your ability to deal with stress
- Deal more effectively with workplace conflict

ACCESSING THE SERVICE:

You are entitled to a number of visits each year prescribed by your organisation's arrangement (check your policies and procedures, talk to an organisational representative or your counsellor can advise on how many sessions you may be entitled to).

The service is completely confidential. Your name and information is held only by the counsellor who adheres to a strict confidentiality code which will be explained to you.

Counselling sessions can be held either by telephone, video conferencing or face to face meeting.

Next Steps:

1. Call or email to schedule an appointment with the counsellor
2. Decide on the format of your meeting (face to face, telephone or video conference)
3. Attend the session

FREQUENTLY ASKED QUESTIONS:

Is my issue serious enough?

Anything that may be impacting you and your ability to function effectively is worth trying to address. It may not seem like a major issue now, but if you leave it, it may become a bigger issue over time.

What if my issue isn't about work?

Employees frequently contact EAP services about non-work related issues. We find that non-work issues and problems can have an affect on an individual's ability to focus and be productive at work.

What if I don't want my employer to find out?

Oasis EAP is completely confidential to your employer. Your name is not disclosed. If you choose, you can access the service without your employer knowing.

Do I have to pay anything?

You do not have to pay anything for the number of sessions your employer has allowed for each employee.

What if I need more counselling than what I'm entitled to?

We will not pressure you to take further sessions. If you choose to continue with extra sessions, you may pay for those sessions directly with the counsellor or you may discuss further options with your employer.

Is the counsellor qualified?

All Oasis Employee Assistance counsellors are trained and qualified vocational counsellors. They are accredited by recognised professional bodies such as the Psychotherapy and Counselling Federation of Australia.

CONTACT

**Oasis Employee Assistance
Program Counselling Service on
1300 798 474
or email eap@oasispc.com.au to
book a session.**



**Oasis Employee Assistance is part
of Oasis People and Culture Pty
Ltd (ABN: 39612568500)**

PO Box 11, North Beach WA 6920

Ph: 1300 798 474

Email: eap@oasispc.com.au

www.oasispc.com.au/eap

