

We're here to help

If you need to talk, call AW Workwise on 1800 249 579 or 0409 828 131

There is someone you can talk to

Your workplace has an Employee Assistance Program (EAP) which gives you access to a FREE counselling service

Newcastle

PO Box 679
Warners Bay NSW 2282
45 King Street
Warners Bay NSW 2282
Tel (02) 4948 5455
Fax (02) 4948 5422

Campbelltown

PO Box 349
Macarthur Square LPO NSW 2560
Suite 101, Level 1, 4 Hyde Parade
Campbelltown NSW 2560
Tel (02) 4629 5600
Fax (02) 4629 5611

Hunter Valley

PO Box 2392
Greenhills NSW 2323
Suite 3, 14 Garnett Road
Greenhills NSW 2323
Tel (02) 4933 0144
Fax (02) 4933 0155

Parramatta

PO Box 953
Parramatta NSW 2124
Suite 3, Level 7, 111 Phillip Street
Parramatta NSW 2150
Tel (02) 9687 7122
Fax (02) 9687 7833

Melbourne

PO Box 301
Collins Street West, Victoria 8007
Level 14, 470 Collins Street
Melbourne VIC 3000
Tel (03) 9614 3377
Fax (03) 9614 5577

Central Coast

PO Box 3373
Tuggerah NSW 2259
Suite 3, 14 Pioneer Avenue
Tuggerah Business Park
Tuggerah NSW 2259
Tel (02) 4353 0906
Fax (02) 4353 0605

info@awworkwise.com.au
www.awworkwise.com.au

Call us on
1800 249 579 or
0409 828 131



Sometimes life can be complicated by problems at home or at work

Your privacy is protected

Your employer, in conjunction with AW Workwise, provides a free Employee Assistance Program (EAP) Counselling Service to help you manage any personal and work-related problems before they become overwhelming or debilitating.

Counselling through the EAP is confidential and provided at no cost to employees. In many instances the counselling service may also be available for your immediate family members.

The EAP counsellors are friendly, non-judgemental and committed to ensuring that you receive help with managing the problems you are facing.

Some of the challenges that prompt people to seek the help of an EAP counsellor include:

- Depression
- Anxiety
- Stress
- Work-life balance
- Relationship problems
- Drug and alcohol problems
- Anger management
- Communication problems
- Bereavement
- Financial pressures

Counselling sessions are usually conducted in person but if you feel uncertain about attending a face to face session you can choose to have a counselling session over the telephone or even online.

A FREE service for employees

It's easy to book an appointment with an EAP counsellor.

Call AW Workwise on 1800 249 579 or 0409 828 131

Help is only a phone call away



EAP counselling can help you too

'They were very responsive and quick to organise an appointment for me and they worked around my work schedule...'

'...an excellent person to talk with...immediately set me at ease. Provided me with the strategies I was asking for and recognised other strategies I needed. The sessions were very helpful and productive, especially the follow-up session.'

'...just the right person for me to talk to...sensitive and understanding. Thanks.'

'Thank you for your support and kindness. It worked.'

'It really helped having someone impartial to talk to ...helped me make my own decisions ...'