



**THAT'S WHY ASSURE OFFERS
TAILOR-MADE EMPLOYEE
ASSISTANCE PROGRAMS THAT:**

- » Assist people experiencing issues such as work stress, team conflict, relationship issues or depression
- » Empower already productive and effective people to achieve even more.



**TO LEARN MORE ABOUT HOW WE
CAN HELP YOU OR TO MAKE AN
APPOINTMENT, CALL FREE TODAY:**

1800 808 374 Australia | 0800 464 387 New Zealand and Fiji
0061 7 3211 8919 International to Australia
1800 505 015 Manager Support Program

+852 27 21 3939 Hong Kong | +86 010 6518 696 China
+65 6397 5443 Singapore | +82 2 2268 5988 South Korea
+62 81 21 123 123 Indonesia | 1 800 10 136 5448 Philippines
+66 2279 8503 (not 24/7) Thailand

info@assureprograms.com.au | assureprograms.com.au

*There is no cost to you for EAP services that fall within your organisation's specific EAP agreement with Assure Programs. There may be associated costs involved for referrals made to services falling outside your organisation's EAP agreement. The disclosure of access in situations where there is risk of harm, or where the client provides written consent to disclose access to their employer, is outlined in our Privacy Policy.

POSITIVE SUPPORT
— is always —
AT HAND



*People achieve more when
they are given the support and
inspiration they need.*



HOW CAN MY ORGANISATION'S EAP SUPPORT ME?

Any number of factors can affect your satisfaction with, and happiness in the workplace. Your company's Employee Assistance Program (EAP) is designed to help you to resolve issues or challenges arising in your workplace or in your personal life in a positive way.

It doesn't matter if your concern is big or small, through your company's EAP partnership with Assure you can talk to an experienced psychologist about anything that may be affecting your work or personal life.

WHAT CAN ASSURE HELP YOU WITH?

WE PROVIDE SUPPORT AND COACHING ACROSS A WIDE RANGE OF AREAS, INCLUDING BUT NOT LIMITED TO:

- » General feelings of anxiety, stress or depression
- » Feeling overwhelmed by pressures placed on you in the workplace and/or situations at home
- » The difficulties individuals face with fly-in fly-out work arrangements
- » Personal issues with your partner or other people close to you
- » Family challenges such as divorce, serious illness or a death in the family
- » Conflict with a team member or members
- » Frustration with a lack of career progression
- » The struggle to successfully return to work after a period of extended leave due to injury, maternity leave, etc.

WE ALSO ENABLE YOU TO:

- » Strengthen your abilities and enhance your career or personal life
- » Identify practical strategies to boost your already productive and effective behaviours
- » Look for opportunities to further develop in areas of key interest and strength.



Extended coaching

We can also refer you to introductory extended coaching in the areas of financial challenges, legal matters and dietary solutions.