



# Employee Assistance Program (EAP)

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**Westlund Counselling is a leader in the provision of counselling services to the LGBTIQ community and their allies. Westlund Counselling is specifically committed to the health and wellbeing of LGBTIQ and allied community services sector employees.**

We recognise that from time to time, LGBTIQ employees and their allies may need additional professional and confidential help and support with personal or work-related issues that affect your health, well-being, or job performance. We provide a qualified and specialist peer based service that enhances the emotional, mental and general psychological wellbeing of all employees.

**We are professional, safe, inclusive and compassionate.**

## OUR COMMUNITY-FOCUSED PEER APPROACH

Westlund EAP understands the highs, lows and in-betweens of what it means to work in the community services sector. We recognise that a dedication to helping the community can come at a cost to your overall wellbeing. This is why we offer EAP to all community-focused employees to assist them with the complexities of being part of a community or peer-based organisation and dealing with trauma informed, often confronting and complex work.

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## BENEFITS OF WESTLUND EAP



**Inclusive and safe** for all communities, specialising in LGBTIQ people and their allies



**Easy, prompt and confidential access** to community-focused help and support.



**Experienced Counsellors** with a diversity of lived, peer and community support experience.

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## WE CAN HELP

We believe safe, inclusive, confidential and free access to EAP is essential for employees of community sector organisations for effective community service delivery and a balanced and healthy environment.

We offer support and perspective to the challenges of **personal or work-related issues** using an integrated and holistic approach to your wellbeing.

We can see you face-to-face, by phone or web-based platforms – whatever is the most confidential and safe option for you.

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## OUR COUNSELLORS

Our Counsellors are compassionate, inclusive, qualified, registered, and experienced professionals.

Our Counsellors are specially trained to work with peer, community sector communities and those employed to help them.

Our counsellors have worked in a variety of Corporate, Government and NFP roles and have considerable experience in workplace issues.

## FOR EMPLOYERS:

*Westlund Health is committed to supporting the health and wellbeing of the community sector. There are several options for employers:*

### **OPTION 1.**

Annual registration fee of \$1,000 (excl gst) and \$55.00 per hour session delivered at Westlund premises and via zoom/skype, \$75 per hour session delivered at your offices.

### **OPTION 2.**

No registration fee and pay as you go.  
\$95 per hour session delivered at Westlund premises and via Zoom/Skype,  
\$120 per hour session delivered at your offices.

Staff team supervision and workplace site visits are also available and can be tailored to your organisations needs. Fees for this service are provided on application.

If our specialised EAP service and values appeal to you please call us so we can look at the best package for you and your employees.

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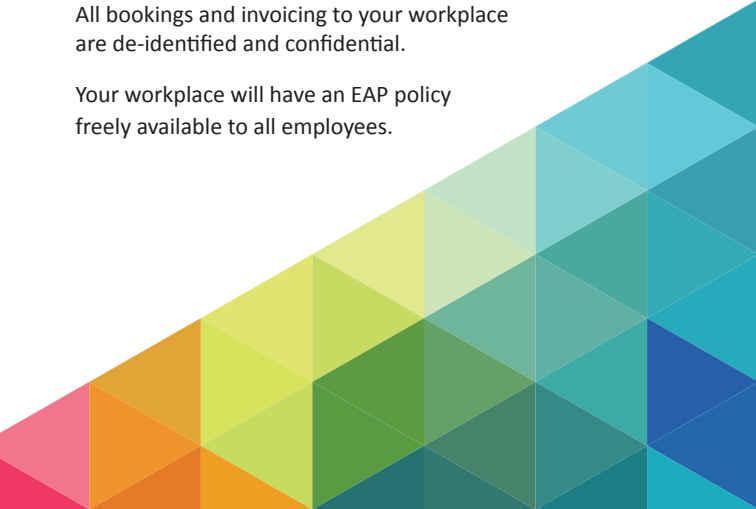
## FOR EMPLOYEES:

*Once your organisation has signed up to Westlund EAP Services - any employee can access Westlund EAP. Access to EAP is confidential.*

Your information and concerns are not shared with your employer or anyone else.

All bookings and invoicing to your workplace are de-identified and confidential.

Your workplace will have an EAP policy freely available to all employees.





To make an appointment  
or for more information contact:

**02 6257 2855**

**0412 882 855**

**[counselling@aidSACTION.org.au](mailto:counselling@aidSACTION.org.au)**

We will reply within two business days.

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**COUNSELLING IS AVAILABLE:**

Monday to Friday 9am – 4pm

Limited availability

Monday, Tuesday, Thursday 5pm-7pm.

Canberra and Capital Region

This is **not** a crisis service.