

What is EAP?

Your Employee Assistance Program (EAP) is a confidential counselling service offered to you by your employer to help all employees deal with personal or work related issues in a positive way. Your EAP involves short-term counselling to assist you in overcoming life's challenges and return you to a better state of emotional well-being.

We provide assistance for a range of issues including:

- Depression
- Anxiety
- Stress management
- Relationship & marriage difficulties
- Family & parenting issues
- Grief & loss
- Illness adjustment & management
- Addiction & substance abuse
- Work related stress
- Financial coaching
- Legal referral
- Sleep disorders
- Dietitian support
- Eating disorders
- Domestic violence
- Mental illness
- Any other issues you may be facing within your personal or work life

Q. Is the Employee Assistance Program confidential?

Acacia EAP is an independent EAP provider which ensures your counselling sessions remain completely confidential. In accordance with the Privacy Act, Acacia EAP never discloses your personal details to anyone without your written consent.

Q. How much will it cost?

Short-term counselling is offered to you free of charge by your employer as part of your EAP benefit package. Speak with us for further details on what is included in your organisation's EAP program. Your employer may also extend this service for immediate family members. We can confirm this for you when you contact us.

Q. Will my manager or employer know if I book an EAP session?

No, Acacia EAP does not disclose any information relating to your EAP sessions to your manager or employer. Individual employee names are never disclosed unless you consent to us advising them. Our service is highly confidential.

Q. Where can I have my appointment?

Acacia EAP has a network of highly qualified, registered psychologists and counsellors across Australia and internationally. We will arrange assistance for you in a convenient location close to where you work or live. Phone, video link/live chat options are also available if preferred.

Q. Are Acacia EAP psychologists qualified?

Acacia EAP carefully selects counsellors that are experienced, approachable and highly professional to ensure you receive the best support available.

How can I make an appointment?

Phone us anytime day or night:
1300 364 273

Live Chat with us through:
www.acaciaconnection.com

Contact us via text:
+61 401 33 77 11

Request an appointment online:
www.acaciaconnection.com

Contact us via email:
info@acaciaconnection.com

Contact us via skype:
Skype name: [acacia.connection](https://www.skype.com/en/contacts/acaciaconnection)



acaciaEAP
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www.acaciaconnection.com