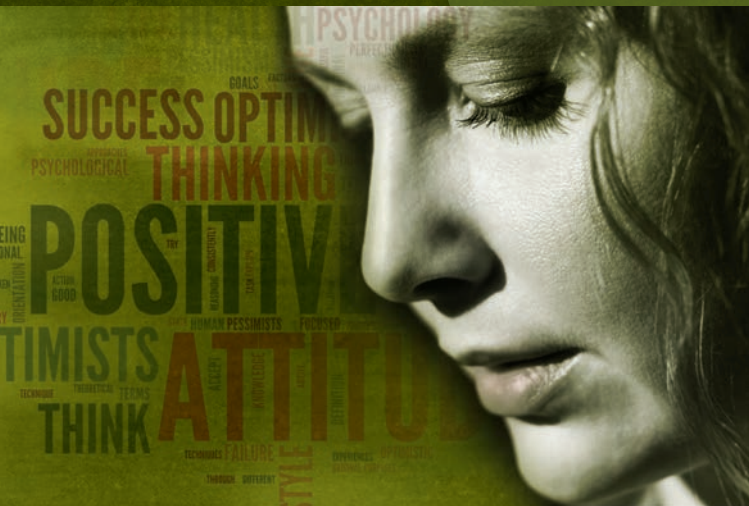




**newpsych psychologists**

**Your EAP**

(Employee Assistance Program)



## How Your EAP Can Help.

The **EAP** is there to help you attain your potential in life and work. Don't let issues hold you back – deal with them quickly and effectively through the **EAP**.

### Your EAP provides:

- A free service to all employees
- External professional counselling for personal and work related issues
- Face-to-face or phone counselling
- A completely confidential service
- An information and advice service for managers and supervisors.

**A FREE SERVICE FOR ALL EMPLOYEES & THEIR FAMILY**

## Someone To Talk To

No information about you will be revealed to your manager or anyone else. Your privacy is protected.

When your life doesn't run smoothly, your **EAP** is there to help. No problem is too big or small. The sooner you talk to us, the sooner things will start to get better.

**Important:** If you require urgent counselling, please make the receptionist aware of this when you call to make an appointment.

## About NewPsych

Our psychologists are expertly trained to help you with problems you are facing. The counselling is short-term, solution focused and looks at strategies for dealing with your issues in a supportive and nonjudgmental environment.

NewPsych provide counselling for personal or work related issues such as, but not limited to:

- Depression
- Anxiety
- Relationship & Family Problems
- Bereavement
- Alcohol and Other Drugs
- Career Concerns
- Work Related Difficulties
- Trauma
- Financial Problems
- Stress
- Work/Life Balance
- Conflict
- Gambling
- Quitting Smoking

**OPEN 4 EVENINGS A WEEK. PARKING AVAILABLE.**



**newpsych** psychologists

**Tarnya Davis**

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