

Your Employee Assistance Program (EAP)

An EAP is a counselling service provided by your employer, Maxwell Recruitment & Training, and is **free, voluntary and confidential**. Access Newcastle Hunter Manning (Access Programs) is your EAP provider.

Good mental health underpins all aspects of a person's life including self-worth, forming and maintaining relationships and the ability to perform well at work and study. Maxwell Recruitment & Training will pay for up to **three** confidential counselling sessions per twelve month period for you.

Counselling involves confidential conversations about issues or concerns, helping you to gain clarity and work towards a resolution. The aim of counselling is to build personal skills and strengths to improve the ability to cope.

Counselling can provide you with support and guidance on issues including, but not limited to, work-related stress, emotional distress of any kind, financial problems, health issues, family or parent/child conflict, relationship issues, grief and loss, diagnosed or undiagnosed mental health issues.

Our counsellors are qualified mental health professionals including psychologists. They will work with you to assist you achieve your goals. If additional counselling sessions are required, your counsellor will discuss various options including continuing under a mental health care plan (Medicare).

Access Programs has offices located in Mayfield (Newcastle), Maitland, Muswellbrook, Singleton, Cardiff (Lake Macquarie), Gloucester, Forster and Taree and operate between 9am-5pm on weekdays, with after-hours appointments also available in some locations.

**To make an appointment with Access Programs,
please call 1800 613 155.**

Please be assured that your appointment will remain confidential - your employer will not receive personal information about you.