How do I make an appointment?

The Rosewood Centre EAP counselling is available in a variety of locations, and may also be available outside of office hours. Simply provide some basic details about yourself and your workplace, and we will offer you a confidential appointment with a counsellor at a time that suits you.

We offer face-to-face and telehealth options for our EAP. To book an appointment with our team, please call **1800 613 155** or visit **rosewoodcentre.com.au** and complete the booking form.

Our professional, progressive and adaptable approach has seen The Rosewood Centre deliver Employee Assistance Programs for over 35 years. During this time, we have helped thousands of people across Newcastle, Lake Macquarie, the Upper Hunter and Mid-Coast regions to effectively handle problems at home and work.

Where are your offices located?

Our specialist team provides counselling sessions in multiple locations across Newcastle and Mid-Coast.

To find an office near you, please visit **rosewoodcentre.com.au**.

50 Crebert St, Mayfield, NSW 2304
hello@rosewoodcentre.com.au
1800 613 155

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The Rosewood Centre®

PSYCHOLOGY AND ALLIED HEALTH

Employee Assistance Program (EAP)

Confidential Counselling

Support. Grow. Thrive.



An Employee Assistance Program (EAP) is a free counselling service provided by your employer which is voluntary and confidential.

The Rosewood Centre is the independent service which has been selected by your employer to deliver EAP services to your organisation.

Our qualified and experienced clinicians can provide assistance when personal, family or work issues are impacting your wellbeing or quality of life. You will have the opportunity to talk through your problems and work with your counsellor to identify practical strategies to help resolve them.

Our clinicians are independent of your employer and committed to maintaining your confidentiality. Using your EAP will not affect your position at work and no one, including your employer, will know that you have sought counselling.

Your EAP is:

- free and confidential
- professional counselling from a service external to your employer
- flexible to suit your needs through face-to-face or telehealth appointments.

Good mental health underpins all aspects of a person's life including self-worth, forming and maintaining relationships, and the ability to perform well in work and study.

When should I contact my EAP?

How you are feeling is always a good way of judging when you might need assistance.

Do you ever find yourself:

- being distracted by problems at work or home
- getting tired or sick
- having days off
- feeling emotional
- running late
- missing deadlines
- being involved in conflicts
- burdened by everyday concerns.

If so, you may benefit from seeking support from your EAP to help get things back on track.

rosewoodcentre.com.au

What issues can my EAP assist with?

Some common issues people seek assistance for are:

- emotional distress
- work-related and personal stress
- relationship and family problems
- grief and loss
- children's issues
- conflict with colleagues or managers
- gambling, alcohol and drug use.

Whatever the nature and extent of your concerns, feel free to contact us and arrange a time to talk with our team.

