

Locations

Gillman Mile End
Elizabeth Vale

If you will have difficulty travelling to your session, please advise CHG when making your appointment

Telephone counselling also available



Learn. Promote. Manage.
A safe and healthy workplace.

Head Office:

55 Henley Beach Road, Mile End
PO Box 562
Torrensville SA 5031
Ph: 08 8354 9800
Fax: 08 8443 7080

Mile End Clinic:

10 Railway Terrace (Corner Hughes St)
Mile End SA 5031
Ph: 08 8354 9200

Gillman Clinic:

136 Eastern Parade
Gillman SA 5013
ph: 08 8447 6955

Elizabeth Vale Clinic:

Elizabeth Vale Shopping Centre
44 John Rice Avenue
Elizabeth Vale SA 5112
ph: 08 8287 6800



THE UNIVERSITY
OF ADELAIDE
AUSTRALIA



Employee Assistance Program

Phone:

08 8354 9200 Business Hours

0418 883 855 After hours

EMPLOYEE ASSISTANCE PROGRAM (EAP)

The Program

The University of Adelaide provides all employees and their immediate family with free access to an Employee Assistance Program (EAP).

An Employee Assistance Program is a counselling, coaching and mentoring service provided by a team of Psychologists within Corporate Health Group (CHG). The program is designed to address issues which the employee (or their immediate supervisor) recognise as having an effect on their productivity and capacity to cope at work.

This service is particularly helpful during times of change and restructuring at the workplace or when the employee is experiencing a personal, family or work crisis.

Employees also benefit from the opportunity to talk confidentially with a skilled helper about things which they find stressful or difficult to deal with at work.

When you just need someone to talk to

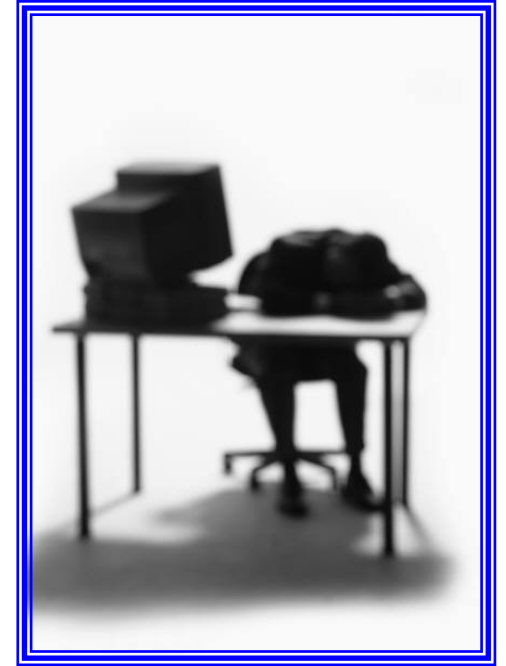
This program is provided by a team of Psychologists. Each has experience in counselling as well as a range of specialised skills in dealing with psychological problems, organisational issues and conflict resolution. Together with their ongoing education and training, the CHG Psychologists offer University employees a comprehensive service.

When can the EAP help?

Employees may access the EAP service confidentially at their own initiation or be encouraged by concerned co-workers, supervisors or family members.

There is a wide range of issues which may respond well to EAP assistance :

- conflict or intimidation at work
- marriage or family disturbance
- the consequences of trauma
- seeking advice on how to deal with difficult students
- difficulties adjusting to change
- alcohol and drug dependence
- problems coping with illness or physical injury
- strategies for managing major change in others



The University's EAP service is

confidential

which means that employees and their immediate family members can be confident that their visit or any details will not be relayed to other parties without their prior approval.
