



# Employee Assistance Program (EAP) & Critical Incident Response (CIR)

In partnership with:



THE UNIVERSITY of ADELAIDE

## Our staff are our most valuable asset

Do you need a listening ear?

Would you benefit from having a chat to a Counsellor?

Keen to develop new strategies for life's challenges?

We will fund up to **three (3) sessions** per person (per year) for you and your immediate family to support and assist you through difficult times.

To request an appointment:

**08 8352 9898**  
**eap@chg.net.au**

EAP Bookings and Enquiries

.....  
**0418 883 855**

Urgent After Hours  
Psychological Assistance

### CHG LOCATIONS:

#### CHG@103

103 Henley Beach Road  
MILE END

#### CHG@Elizabeth

180 Philip Highway  
ELIZABETH SOUTH

#### CHG@Gillman

136 Eastern Parade  
GILLMAN

Telephone and Video  
Link sessions available:  
*please ask*

·WORK·  
*life*  
BALANCE

Work Related Stress  
Dealing with Change  
Depression & Anxiety  
Marital or Family Problems  
Bereavement  
Trauma Counselling  
Interpersonal Conflict  
Alcohol & Drug Abuse

T 08 8352 9898  
E eap@chg.net.au  
W www.chg.net.au

An entirely confidential counselling service:  
*Names are not included on invoices*

Services will be provided by a  
Psychologist or Social Worker.