

Our **Employee Assistance Program (EAP)** provides professional and confidential counselling for personal and work related problems. We provide face to face counselling during business hours or crisis telephone counselling 24 hours a day.



D'ACCORD OAS

D'Accord Occupational Assistance Services is a national Australian company that provides:

- Employee Assistance Programs
- Critical Incident Stress Management
- Mediation
- Training
- Assessment
- Organisational Development and regional Australia.

We have offices across metropolitan and regional Australia.

We aim to develop health and wellbeing programs for employees and organisations and offer professional, confidential counselling to help employees examine the nature of their problems and develop coping strategies.

We provide a friendly and supportive environment with non-judgemental and unbiased counselling to all program users regardless of cultural and religious background.



WHEN MIGHT I NEED AN EAP?

Our EAP is available to give assistance to employees for personal and work related problems such as:

- Relationship and family problems
- Alcohol/drug/gambling dependency
- Grief and bereavement
- Anxiety, depression, stress, self doubt
- Personal or workplace trauma
- Work related stress and anxiety
- Changes at home/work
- Financial and legal worries
- Career assessment and guidance
- Interpersonal conflict
- Parenting concerns

You can consult your EAP about any problem that concern you.



WILL ANYONE KNOW I'VE GONE TO AN EAP?

No one needs to know that you receive counselling. If you attend during work hours then you will need to tell your supervisor that you will be absent from work. If you attend in your own time, then no one will know.

Whichever you may choose, no information about you will be disclosed to your employer or anyone else. If your counsellor believes it would be beneficial to speak to someone about your situation, they will ask for your written permission before they do so. Job security and promotional opportunities will not be jeopardized by seeking help through D'Accord.

Connect with us

 /daccordoaseap

 @daccordoaseap

 D'Accord OAS EAP

FAQS

What can I expect?

Through our EAP, we offer short term professional counselling with an experience psychologist.

Appointments need to be made in advance for face to face or telephone counselling.

Who refers me to your EAP?

On occasion, supervisors may recommend our EAP to you.

What if my English is not good?

A professional interpreter can be arranged at no cost to you.

If you need an interpreter, you will need to notify us at the time of making your appointment.

What will it cost?

Our EAP counselling is free of charge to you.

The service is provided independently by us, D'Accord OAS, and your organization meets the cost of your session. On occasion, your counsellor may suggest that more specialised assistance would be useful. In this instance, you will be referred to an appropriate service.

Who do I call?

All you have to do is call 1300 130 130 to be connected directly with the D'Accord office.



CONTACT US

Level 7, 24 Albert Road
South Melbourne
Vic, 3205

03 9663 2444

Australia | 1300 130 130

New Zealand | 0800 SELFHELP

International | +61 444 563 823

www.daccordoas.com.au

EMPLOYEE ASSISTANCE PROGRAM

Free professional,
confidential counselling
and support
24 hours, 7 days

1300 130 130

D'Accord
occupational assistance services