



Employee Assistance Program



**Eureka Community Kindergarten Association (ECKA)
Employee Assistance Program**
is available to all employees

This free non-emergency counselling service is provided to help with those difficult challenges that may be either work related or personal.

**To make an appointment simply
call 1-800-054-172.**

Counselling Services are Confidential



www.bchc.org.au



Features of your Employee Assistance Program

Access to independent and confidential phone or face-to-face counselling services through Ballarat Community Health.

Support for both work-related and personal issues.

Assurance of a high quality and unbiased service.

What happens in counselling?

Our highly qualified and professional counsellors will help you to identify issues and create meaningful solutions through a short term solution orientated process.

If further support or specialized services are required, the counsellor can refer you to other services as appropriate.

The counselling sessions are provided by counsellors who are independent of your employer and provide an unbiased and ethical service.

How do I access the EAP program?

To access the EAP program please call 1-800-054-172.

Unless you give permission to do so, your employer is not informed of the details of your appointment.

Appointments are available during business hours 9am—5pm, Monday to Friday at our sites in Lucas, Wendouree and Sebastopol.

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Some of the concerns your workplace EAP can assist with:

Relationships

Conflict resolution

Family matters

Work related stress

Substance abuse

Work and personal issues that may affect performance and wellbeing

