

Let's talk about mental health

Calling the Employee Assistance Program (EAP)

EAPs provide short-term assistance through a free, confidential counselling and support service, and can be contacted 24-hours-a-day.

How do they help?

Providing independent, personalised support to talk through challenges and receive advice.



What happens when you call?

They will provide information on their services, ask for your details and a preference for type of appointment.

How can I contact the EAP?

We have different EAP providers in each region where we operate. Visit the Digital Workspace for contact details. If unsure how to contact the EAP, ask your leader.



 Where in my life could I use some more support?