



Getting Help - Organisational Supports



Ask for help if you are concerned about your alcohol or drug use, or another person's.

Speak to

- a work colleague
- an Employee Assistance Program counsellor
- your local doctor
- a community alcohol and drug service
- a trusted friend
- a 24-hour Help Line by phone or online.

Workplace supports include:

- your supervisor
- human resources officer
- designated workplace/team alcohol and drug support person.

How can they help you?

1. Listen to your concerns
2. Help you identify relevant services
3. Check in regularly to make sure you are OK
4. See what workplace adjustments or leave options may be available
5. Maintain your confidentiality.

Employee Assistance Program (EAP)

You can contact our EAP service provider/s for counselling about workplace or personal matters including:

- family
- relationship
- financial
- emotional
- health
- alcohol or other drug use
- gambling.

Services are provided off-site and are free for a limited number of sessions. Speak with a workplace support person to access the service or contact the service directly to make an appointment.

EAP Service Provider Contact Details

Name:

Address:

Phone:

Email:

Website:

Industry Programs (write details below)