



## Employee Assistance Program (EAP)

Your local EAP service -

The Anna Centre

117A Queen Street, Bendigo, VIC,  
3550

Phone 5442 5066

Monday–Wednesday  
and Friday: 9am–5pm

Thursday: 9am–7pm

or

Tony O’Dwyer

27 Myrtle St Bendigo

Ph. 0428 538 063



Hospital Street  
Inglewood  
Victoria 3517

Phone: 03 5431 7000



## Employee Assistance Program (EAP)

CARE

RESPECT

EQUALITY

CHOICE

## IDHS Employee Assistance Program

The EAP seeks to provide support for employees through individual counselling sessions. You can use the EAP to confidentially discuss any work or personal issues that are an inevitable part of your lives.

The first **2 sessions** are free. No referral form is required you ring and refer yourself to the service advising that you are an IDHS employee.

The service is available to all staff both permanent and casual employees.

## Confidentiality

Confidentiality is guaranteed. EAP is completely independent of IDHS and no information will be passed on. The EAP is easily accessible, voluntary and can provide support on a range of personal and work related issues.



If you have concerns and need to talk with the Human Resources Consultant please make contact on 5431 7000 or please to book an appointment through reception .

## EAP can help with:

- Feeling low need to talk
- Maximising your potential performance
- Changes at work or home
- Alcohol and other drug related issues
- Depression, anxiety, stress
- Balancing family and work responsibilities
- Concerns about your children or family members
- Relationship and marital problems

