

1 Employee Assistance Program (EAP)

Beyond Blue

Lifeline

REACHOUT

Suicide Call Back Service

Black Dog Institute

Government of Western Australia
Mental Health Commission

Alcohol, Drug and Mental Health Support Service

- Access the **Employee Assistance Program (EAP).**
- Use short-term counselling for grief, trauma, fatigue, financial and legal matters, substance use and/or family/relationships support.
- **Free, confidential** discussions with external providers are available 24/7 by phone, video and in-person.
- **FIFO-friendly access** is included, to help support various time zones, short-notice between swings, remote working issues, etc.
- **In a crisis,** call Emergency Services (dial 000).
- **Early help** is smart help.

2 Support Topics May Include

- Grief
- Trauma
- Fatigue
- Financial matters
- Legal matters
- Substance use
- Family and relationship support
- Short-term counselling

3 How to Access the EAP

- Contact the EAP through the provided phone number, website or app.
- Reach out early if you need support.
- Use the service whenever you need short-term confidential help.