

Relationships Australia is a leading provider of relationship support and EAP services for individuals, couples and families throughout Australia. Our services are for all members of the community regardless of religious belief, age, gender, sexual orientation, lifestyle choice, cultural background or economic circumstances.

We are passionate about delivering practical outcomes for any issue impacting on you or your relationships in all domains of your life, including partners, parents, siblings, friends, work colleagues or children.

EAP services are:

- free and non-judgemental
- confidential
- available face-to-face, by telephone or online
- independent of your workplace
- provided by experienced and qualified practitioners

Contact Us

Canberra and Queensland services, and telephone/online support:

P: 1300 857 129
E: eap@racr.org.au

Wagga Wagga/Riverina region services and telephone/online support

P: (02) 6923 9100
E: rivoffice@racr.org.au

NSW

P: 1300 172 327

Victoria

P: 1800 720 126

South Australia

P: 08 8377 5400

Northern Territory, Tasmania and Western Australia

P: 1300 364 277



Employee Assistance Program

At Relationships Australia Canberra & Region we believe that everyone is entitled to positive, supportive and healthy relationships, whether these relationships are at work or in our personal lives. Our journey through life is not always straightforward and navigating work environments and relationships can be tough.

Relationships Australia
CANBERRA & REGION

racr.org.au

Every relationship matters.



We're here for you

Your employer offers an Employee Assistance Program (EAP) service with Relationships Australia. This gives you a safe and confidential place away from your workplace to talk about concerns you may be having at home or at work.

How can EAP help you?

You may be facing difficult and challenging times in your personal life or want to talk through a workplace concern. Our experienced counsellors can provide support with issues that impact on your wellbeing, including:

- stress, anxiety, fatigue and depression
- financial concerns
- relationships and family issues
- work and career issues
- interpersonal conflict
- carer issues
- working relationships
- workplace change
- substance abuse and/or addiction
- separation and divorce
- compulsive and addictive behaviour
- grief, loss and bereavement
- work and life balance
- violence or abuse issues

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Confidentiality

Trust is essential - we offer a highly confidential counselling service. Your personal issues and information will not be discussed with your employer, unless you give your consent.

You don't have to tell anyone in your workplace that you want to access our service. You are entitled to a number of free sessions, and you might be able to bring your partner or a family member with you. Sometimes a supervisor will recommend using the EAP service.

What are the benefits of EAP?

- a safe place to discuss concerns without judgement, knowing what you say will remain confidential
- the possibility of feeling more contented and productive at work
- learn ways to balance work and personal life

Our services?

- individual, couple or family counselling
- psycho-education seminars
- workplace mediation

Our staff

Relationships Australia staff are registered psychologists, social workers, counsellors, mediators and trainers who have extensive experience working with a range of clients - organisations, individuals, couples and families.

Prompt response

We aim to offer you a first session within three (3) working days.

How can you access EAP?

Contact details to make an appointment or request further information about EAP services are shown on the back page of this brochure. If your call is outside business hours please leave a message and we will return your call.

