

Your Employee Assistance Service In The Moment Support

Your EAS is available 24/7, 365 days a year and offers in the moment support to employees. Our team is always there to chat and provide immediate support for multiple concerns and difficulties - in the workplace or at home. EAS support is there for you to process how you are feeling and get advice in the moment, as you need it.



If you are experiencing a crisis or just want someone to talk to urgently, you can access your EAS at any time to speak freely with a Case Manager and they will provide support and guidance.



Calls are not limited in length or frequency. You are free to access this type of support for an unlimited number of times.

(scheduled sessions of counselling may be recommended if there is a recurring issue)



You can also call for advice on supporting another team member or colleague (all calls are confidential).



**You can reach your EAS Service to
speak to a Case Manager on:**

Freephone: 1800 411 057

SMS & WhatsApp:

Text 'Hi' to 087 369 0010