

Davidson Trahaire **Corpsych**

NRW's Employee Assistance Program (EAP)

NRW's **Employee Assistance Program** is a confidential counselling service for NRW employees and family members, paid for by NRW at no cost to you.

This service is provided by an independent, professional organisation called Davidson Trahaire Corpsych (DTC).

Issues your EAP can assist with

Your EAP is provided to assist with a broad range of personal or work related issues including:

Relationships	Suicide	Work Performance
Work/ Life Balance	Team Performance	Legal / Financial
Career	Communication	Conflict
Change	Work Crisis and trauma	Managing Life Stages
Family, Child and Elder care	Violence and anger	Bullying and Harassment
Anxiety, Stress and Depression	Bereavement, Grief and Loss	Redundancy / Career Transition
Difficult Customers	Alcohol and Addictions	Gambling

Have you experienced?

Waking during the night concerned about problems	Irritability or anger about issues, especially the small things	Feeling withdrawn from situations or people
Worrying or negative thoughts	Feeling helpless in regard to resolving an issue	Other people indicating "you are not yourself"
Lethargy, reduced energy and lack of drive	Emotional outbursts or feeling teary	Long work hours but feeling you are achieving very little
Uncharacteristic accidents at work or home	Trouble concentrating and/ or forgetting things	Feeling depressed or very down
Uncertainty about how to approach a situation	Concern about a relationship at home or work	Conflict at home or work

How to access the EAP

The counselling can be provided face to face, over the telephone or via video counselling, whichever is more convenient for you.

Confidential EAP appointments can be made by simply telephoning DTC on:

1300 360 364 or 02 8295 2292

(From New Zealand please call 0800 327 669 (0800 EAP NOW) or internationally call +61 2 8295 2292)