

Employee Assistance Program.

Employee Assistance Program

Employee Assistance Program (EAP) is a confidential employer-funded support service available to University of South Australia (UniSA) Higher Degree Research (HDR) candidates and their immediate family. Immediate family members includes your spouse, partner, children or others living in your household. This service is confidential and completely independent from UniSA.

Human Psychology provides a confidential and effective counselling process that is solution-focused and practical. The service is aimed at enhancing wellbeing and mental health, and can be accessed via face-to-face consults, by phone or virtually.

Accessing assistance is an act of independence and strength which can empower you to make positive changes in your life.



About EAP

EAP is provided by UniSA to all HDR candidates and their immediate family members at no cost.

You can access up to 4 one-hour sessions per calendar year. If longer-term counselling is recommended, your Clinician will discuss options with you including a referral and any costs to be incurred.

Human Psychology will work hard to accommodate your preferences for a Clinician. Phone counselling is an option if you need to speak to someone urgently.

The sooner you recognise any problem and discuss it with someone who can be of assistance, the easier it will be to resolve the problem.

How do I access EAP?

Simply call 1300 277 924 and arrange a convenient time either face-to-face, by phone or virtually.

The use of EAP is never compulsory but it may be recommended if you have been feeling stressed, have felt sad or down or lost interest in activities that you used to enjoy.

What about confidentiality?

Confidentiality is assured and maintained. Discussions with a Clinician remain strictly confidential. Clinicians are bound by a professional code of ethics, preventing them giving out personal details without your written consent.



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Counselling services

EAP is provided for a variety of personal, emotional or research-related matters including:

- ▶ anxiety, depression and emotional health
- ▶ research degree and training difficulties
- ▶ disengagement with research
- ▶ friction with supervisory panel
- ▶ stress and burnout
- ▶ basic financial issues
- ▶ interpersonal relationships
- ▶ family and marital difficulties
- ▶ workplace conflict or disharmony
- ▶ coping with organisational change
- ▶ reactions to traumatic or distressing events
- ▶ grief and bereavement
- ▶ misuse of alcohol or other drugs.

EAP can also provide specific and culturally appropriate counselling services for cultural and linguistically diverse candidates such as:

- ▶ for Aboriginal, Torres Strait Islander and International people
- ▶ for diverse genders, sexes and sexualities.

Management support is also available and the EAP can assist with consulting and coaching services to assist management to:

- ▶ resolve workplace issues
- ▶ develop practical intervention strategies
- ▶ support with difficult interpersonal conflict.



Human Psychology

Think. Feel. Perform. Better.

Please refer to the Human Psychology website for details about the team. Call or email reception to arrange an appointment that is convenient to you.

Human Psychology

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Email:

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Website:

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