

Some of the common issues people seek assistance for are:

- ➔ Family and relationship issues
- ➔ Grief, loss & bereavement
- ➔ Parenting support
- ➔ Managing stress and work/life balance
- ➔ Improving workplace relationships
- ➔ Leadership skills and education

With a Centacare NQ EAP contract your employees are able to access experienced counsellors to support them through challenging times in their personal or professional lives.

“Supported employees perform better, and morale increases in the workplace”

ACCESS
PROGRAMS

Centacare NQ is a member of
ACCESS National Programs

Contact us



FREE CALL: 1300 672 273



410 Ross River Road, Townsville
5 Miles Street, Mount Isa



centacarenq.org.au
facebook.com/centacarenq

Centacare North Queensland acknowledges the Traditional Owners of the land on which we live and work, and recognises their continuing connection to land, waters and community. We pay our respects to their Elders, past, present, and emerging.

CENTACARE NQ
Proudly
supporting
NQ region



WWW.CENTACARENQ.ORG.AU

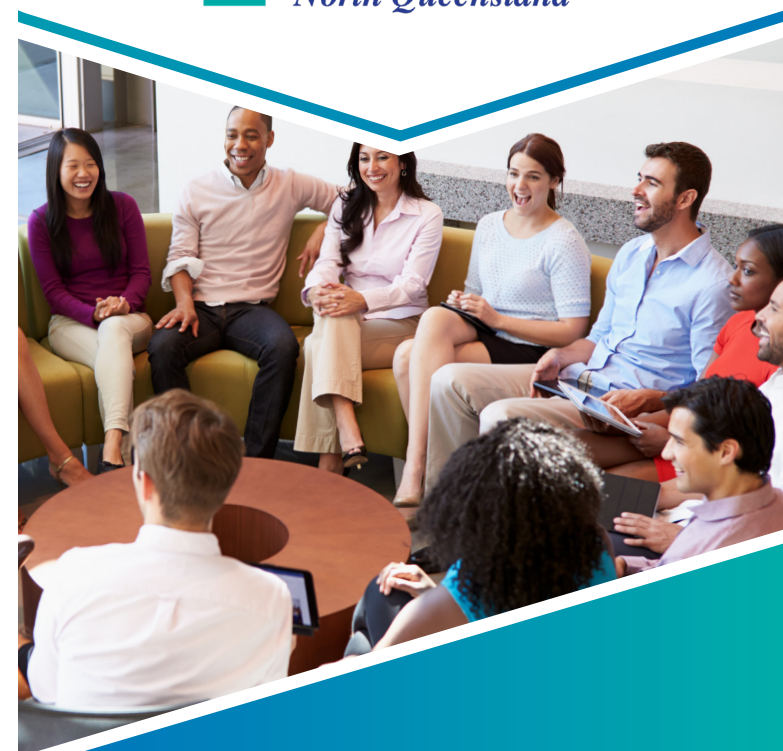


CENTACARE NQ
EAP

Employee Assistance Program

Counselling and support for your employees in
Townsville and North West Queensland

 **Centacare**
North Queensland



1300 NQ CARE
centacarenq.org.au

CENTACARE NQ
EAP

What is an EAP?

Employee Assistance Programs provide a suite of supports for management and employees that meets their unique needs and workplace context.

Centacare NQ has an extensive range of professional support services that can respond to your organisation and its employee needs. Our presence and service footprint across North and North-West Queensland is extensive.

We understand the diverse needs for organisations in our region and we have qualified and experienced staff who can respond to your needs, from counselling, workplace support, education and professional development.

Our counselling sessions are confidential, voluntary and available virtually, by telephone and in person with appointments available outside office hours.

How much does an EAP cost?

The Centacare NQ EAP is cost-effective in that it provides early intervention to potential ongoing problems that cost your organisation time, money and personnel. You can request a no obligation quote for your business by contacting our office on 1300 672 273.

Employee Assistance services can support organisations to experience improved morale, reduced employee absenteeism and increased productivity.

Centacare NQ EAP can benefit organisations by:

- Enhancing employee's work and personal life
- Reducing sick leave, absenteeism, stress claims, staff turnover, recruitment costs and workplace conflict
- Improving staff performance, morale and productivity
- Increasing loyalty to the organisation
- Reducing accidents in the workplace
- Providing managers and supervisors with a means to fulfil their duty to ensure the health, safety and welfare of employees in the workplace
- Provide management and supervisors with support and education to assist them develop and build on their leadership capacity
- Providing management and supervisors with more time for their work rather than trying to resolve workplace conflict or support employees experiencing work or personal difficulties

For more information on
Centacare NQ EAP or to
enquire through our
website form



Scan Me



Other services that can be included in your EAP

Training and Workshops: Covering a broad range of topics such as stress management, team building, conflict resolution, Mental Health First Aid and many more. Training can vary from one hour sessions to full day seminars

Critical Incident Stress Management Response: Provision of psychological first aid, counselling and support for staff impacted by critical events in the workplace

Workplace Mediation: Appropriately qualified and skilled mediators can assist in resolving workplace disputes and conflict

Professional & Practice Supervision: Support for staff and management to navigate workplace challenges

Management/Leadership Coaching: Structured solution-focused consultations with experienced professionals to support professional development of staff

Leadership Development: Leadership skills education and development, management coaching and support

“ Centacare NQ cares
about the wellbeing of you
and your family ”

CENTACARE NQ
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