



Lonvara Employee Assistance Program (EAP) is a confidential counselling service for employees and their eligible family members provided by North West Support Services and will fund up to four (4) confidential consultations per annum per employee. Lonvara clinicians are qualified, experienced professionals who have extensive training and experience in counselling, coaching and workplace consulting.

Lonvara EAP can assist with:

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

- Relationships
- Redundancy
- Difficult customers
- Violence & anger
- Grief & loss
- Bullying & Harassment
- Work/life balance
- Gambling
- Suicide
- Depression
- Legal & financial
- Career
- Family, child & eldercare
- Team performance
- Alcohol & addictions
- Performance difficulties
- Change
- Anxiety, stress
- Communication
- Bereavement
- Conflict

Lonvara EAP can provide:

Lonvara EAP offers short-term, solution focused counselling. The counselling discussion is informal, friendly and focused on your needs. It can be provided face-to-face or over the telephone, whichever is more convenient for you. EAP counselling can help you to:

- clarify a problem/s
- Reduce stress
- Work through issues you may be experiencing

North West Support Services will fund up to four (4) confidential consultations per annum per employee. These consultations need to be outside work hours.

What after North West Regional Support Service EAP:

After counselling, Lonvara EAP clinician may suggest that other further assistance may be useful. If you choose to take up a referral outside of North West Regional Support Service EAP, you, the staff member accessing North West Regional Support Service EAP is responsible for any costs that may apply. Where possible, referral is made to a service that is provided free of charge.

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www.lonvara.com.au