



Providing on-line assistance for your well being and performance

No one is immune from life challenges in dealing with multiples issues affecting you personally like parenting, relationships, grief and work demands to name a but a few.



It is often difficult to find a resource that can assist you to manage your own well being. eapdirect™ is a service that your employer has provided for you and your family at no charge to assist in creating a better work life balance.

eapdirect™ is an easy to use resource that offers concise user friendly information across a range of topics. It offers you a wide range of articles in a menu of key segments of interest such as:

- Career Development
- Childcare and parenting issues
- Drug and Alcohol problems
- Information on relationships
- Work related problems
- Emotional Well being
- Dealing with Depression

Plus many more

The site provides access to information so that you can make more informed decisions about personal matters in a confidential environment.

To further enhance it's ability to assist you in the challenge of creating well being and performance the site has self assessment tools and on-line connections to professional counsellors.

Self Assessments - provides you with a range of on-line assessments that you can use as many times as you like to gauge the state of your well being. These ask to respond to a series of professionally designed questionnaires that will provide you with guidance on how you are in relation to the topic you have chosen. Use them on a regular basis to check your progress.

On-line Counselling - You now have the ability to interact with a professional counsellor through a private e-mail system in the website. The system allows you or a family member to ask questions about the counselling experience or about your need for face to face counselling assistance. All responses will come within 1 working day and cannot be accessed by your organisations IT system. This way you can make informed choices about what your needs are in a confidential environment.

Confidentiality for you and your Family - By following the logon procedures provided by your organisation you can create your own user name and password. As long as you keep these confidential you cannot be identified individually.

What if I need assistance accessing the website?

If you need assistance to gain access to the site you can contact us on eapdirecthelp@davcorp.com.au



www.eapdirect.com.au