



PACE

# EMPLOYEE ASSISTANCE PROGRAM (EAP)

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# WHAT IS AN EMPLOYEE ASSISTANCE PROGRAM (EAP) ?

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EAP is a service provided by your employer with the aim of supporting mental health and well-being. This includes the opportunity for individual sessions, where you can engage with an external, qualified clinician to reflect and develop relevant skillsets. The services are free of charge to employees and completely confidential.

Veretis is the provider of the Pace EAP. We have been providing EAPs since 2003 and focus our programs on helping you through challenges. and empowering you with the knowledge, understanding and confidence to face future challenges by yourself.



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Veretis  
EAP





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## WHAT ISSUES CAN AN EAP SUPPORT ME WITH?

### Personal Issues

- Feeling down (depression)
- Dealing with stress
- Worry (anxiousness)
- Coping with change
- Trauma or Grief
- Build personal resilience
- Anger issues, Body image
- Sexuality and gender

### Relationship Issues

- Communication issues
- Resolving conflict
- Relationship breakdown
- Parenting and child issues

### Work Issues

- Challenging customer situations
- Build capability to better support customers
- Preparing for greater responsibility and leadership
- Managing work-life balance
- Conflict in the workplace
- Workplace stress
- Career Path
- Career Transition
- Supporting others who may be struggling

Supporting You  
**TODAY**

Veretis

# WHAT SERVICES ARE PROVIDED UNDER THE EAP?

Under the umbrella of EAP, there are several services available. Some are support based, for when you aren't feeling yourself, whereas others are proactive. These are focused on helping develop growth and empowering your mental health and performance.

## Real Support - Counselling

When you're not feeling like yourself, or life is knocking you around. Veretis provides free access to confidential short-term counselling, over telephone, video session, or face to face during business hours. This provides an easily accessible opportunity to discuss how you can improve and develop your well-being.

## Real Me - Coaching

The EAP offers the chance to reflect, debrief and receive personalised coaching from qualified and external clinicians. These sessions can help with challenging situations, developing reflective practice strategies, building personal resilience and any other work related issues you may have.

## Real Manager - Manager Assist

Managing others provides its own unique challenges. Through the EAP, Veretis can aid managers concerned for the wellbeing of someone in their team or seeking people management advice. Veretis' experienced coaches will explore the situation and provide managers with insights and skills to navigate and resolve these issues.



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## ABOUT VERETIS



We embrace a solution focused approach, helping clients to positively cope and work through the challenges they are facing. This leaves them with the skills and knowledge necessary to overcome future challenges themselves.

We are a team of university-trained psychologists with extensive experience providing EAP services. We take the psychological terminology and jargon out of mental health to provide advice that is easily applicable and relatable to the real world.

EAP is a foundational diamond of Veretis. EAPs provide accessible mental health and wellbeing support to the community's largest captured population (the workforce). We see it as a vehicle to combat the growing mental health issues arising in developed nations and strive to significantly impact the communities we work in. If you have any further questions or wish to contact us If you have any further questions about Veretis or the Pace EAP, please don't hesitate to contact us.

## ACCESSING THE PROGRAM

**2Phone Line:** 02 9929 8515

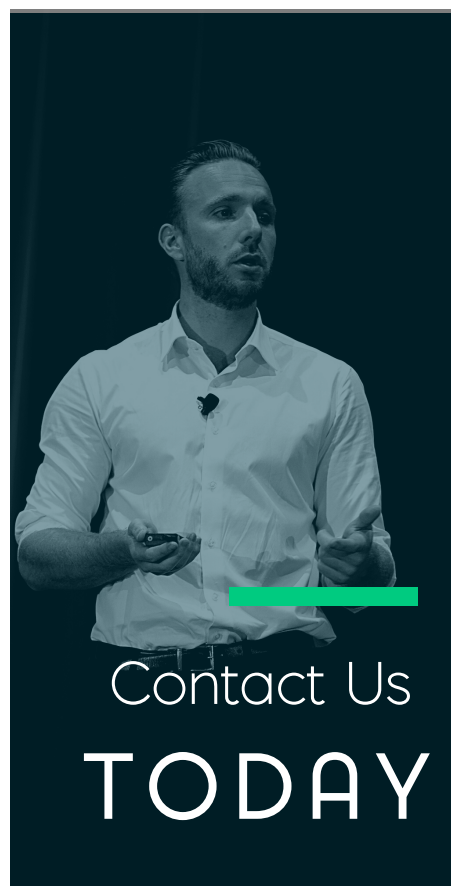
**Email:** [info@veretis.com.au](mailto:info@veretis.com.au)

**Website:** [www.veretis.com.au](http://www.veretis.com.au)

**EAP Portal:** [www.veretis.com.au/eap](http://www.veretis.com.au/eap)

**Live chat:** 9:00am - 5:00pm AEST, Monday to Friday.  
Available as a pop up when accessing our website.

We can also provide services in preferred languages if not English.



Contact Us  
**TODAY**