

## EASA

EASA provides a full range of psychological and organisational development services to organisations and consumers across the Northern Territory and remote WA. EASA is a Registered Training Organisation.

Our corporate clients include Australian, State and Territory Government departments and agencies, community services, Aboriginal corporations, resource companies and tourism operations.

EASA services are facilitated by highly skilled and experienced staff, nationally trained and accredited. These include Consultants, Trainers, Psychologists, Counsellors, Coaches and Mediators.

## One stop shop

EASA develops solutions to workplace problems at interpersonal, team and systems levels through its integrated psychological and organisational consultancy services.

## Other Services

- Counselling and Consulting
- Critical Incident Stress Management
- Conflict Management
- Coaching
- Human Resource Consulting
- Training and Development
- Alcohol and Other Drug

"EASA Services are extremely valuable. If more people used EASA at the preventative stage we would work in dramatically different workplaces"

KEITH FOREST, SATISFIED CUSTOMER

# EASA

COUNSELLING • TRAINING  
MEDIATION • CONSULTING

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FIRST CLASS IN GRAPHIC DESIGN

# Employee Assistance Programs



A comprehensive program providing a range of counselling, support and strategies for personal and work related issues.

## EASA

COUNSELLING • TRAINING  
MEDIATION • CONSULTING

Developing organisations by developing people

# COUNSELLING

## Employee Assistance Programs

Your Employee Assistance Program (EAP) brings together a comprehensive range of counselling and support services for adults, young people and children, for you and your immediate family members.

Your EAP provides an opportunity for you to talk with a professionally trained Counsellor who can offer support and strategies for personal or work-related issues. Usually individuals attend a prescribed number of counselling sessions of approximately an hour each in duration.

### Main features of your EAP:

- Problem resolution
- Totally confidential
- Always voluntary
- Professional and experienced counsellors
- Available in Darwin and regional centres
- Female and male counsellors usually available
- After hours appointments available in most centres
- After hours emergency service
- Toll free number

### Counselling

Counselling is typically provided face-to-face but also makes use of phone, teleconferencing and email to meet offsite demand and to service remote communities. EASA counsellors are professionally qualified and accredited. Counsellors base their approach on a short-term solution orientated model.

### How counselling can assist you:

- Clarify what the problem is
- Identify and confirm realistic goals
- Identify the options available to achieve these goals
- Develop new perspectives and skills

### Management Coaching

Management Coaching is also provided under the EAP. This form of coaching assists managers and leaders to reach their full potential. It offers an independent and confidential

sounding board to assess planned actions. The service is practical and focuses on developing manager's skills to deal with issues involving people at work.

### How do I access the service

All it takes is a phone call! If you or a family member want to use the counselling service telephone EASA to arrange a suitable time. The receptionist will ask you for a contact phone number and your place of employment.

### How do I make an appointment

By calling our toll free number within the NT (linked to Darwin) or the office in your location. You can make an appointment at a convenient time. To cancel an appointment please give a minimum of 24 hours notice.

### Is it confidential?

Confidentiality is guaranteed. EASA is completely independent of your employer and no information about you will be disclosed without your permission.

### Who pays for the service?

Your employer has fully funded the EAP. The EAP is free to all employees and their immediate family members (partners and children).

*Developing organisations by developing people*

# COACHING

Special note – Northern Territory: Through support by the NT Government, Department of Health and Community Services, EASA clients in the Northern Territory can receive ongoing support with counselling and education services for alcohol and other drug issues, at no charge. (2) In the Katherine region, these services are also available to members of the public.

SUPPORT