

Information Card

About Habit Health EAP

We provide wellbeing support to New Zealanders' to create happier, healthier workplaces.

Your Employee Assistance Programme (EAP) is a fully funded, confidential, professional support service. If you are experiencing challenges either at home or work, or simply want to talk, our team can help. All our staff are qualified specialists who can provide counselling, financial and legal guidance and health coaching.

How can EAP help you?

We offer solution focused support over a short series of sessions. There are many reasons to seek help, including you;

- Have family concerns or parenting issues
- Are having difficulties adjusting to change/life transitions
- Have low self-esteem, anxiety, or compulsive thoughts
- Have issues with your physical health, diet or exercise
- Are finding it difficult to sleep
- Need support to quit smoking/vaping
- Require legal guidance (excluding employment matters)
- Have experienced trauma, grief, or loss
- Need help budgeting, or preparing for life changes
- Would like to improve your communication skills
- Need career development or direction
- Need support regarding workplace conflict
- Have issues with addiction, or someone close to you does
- Need to talk to someone confidentially.

Often the longer an issue is ignored, the bigger the impact on your personal and work life. Contact Habit Health EAP today to book a time to talk.

Download our free app today and prioritise your wellbeing with [habithealth+](#)



Why does your organisation have an EAP programme?

Positive wellbeing in the workplace means that team members are more likely to be engaged, motivated and successful. This links directly to a positive workplace culture where everyone benefits.

What about confidentiality and privacy?

Your sessions are confidential. Your employer will not be able to see who has attended counselling or what was discussed. Your employer will only receive data on general trends within the organisation to help them better tailor other initiatives.

EAP Counselling and Health Coaching can support you to:

- Talk through a difficult experience in an accepting space
- Access support to better understand your feelings
- Learn how to respond to challenging situations
- Look at healthier ways to manage stress
- Strengthen your coping strategies and resilience
- Learn self-compassion and a more balanced perspective
- Improve your communication skills
- Prioritise and improve your physical wellbeing
- Feel you have a safe, confidential space to talk things through

Habit Health EAP is part of the wider Habit Health network. We support people in their communities and workplaces to optimise health and live their best lives.



To arrange confidential help and support via video, phone or at a location near you, scan the QR code to book now.



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