Your Employee Assistance Programme (EAP) is here to help with any work or life issues and to improve your health and general wellbeing

Counselling

Confidential counselling support is available to you through Habit Health EAP and your employer will fund a programme of three sessions. It can be really beneficial to talk through a work or personal issue with someone who is impartial, non-judgemental, and who is also trained to assist others to cope and/or overcome what's troubling them.

Career Advice

Discussing a decision you're thinking of making with an objective and non-judgemental EAP Career Counsellor can help you to reframe your current life situation and make sense of where-to from here. Perhaps you want to be more resilient when changes beyond your control occur, or perhaps you've just been promoted to a management role and need some professional coaching. We can also help when you need to achieve a better work/life balance, or you're searching for more challenge or fulfillment in your current job.

Financial Guidance

Financial counselling is about much more than just 'money' and our EAP Financial Counsellors can give practical guidance and tools in a relaxed and easy to understand manner to help you achieve and maintain financial wellbeing. Our Advisors are impartial in their recommendations and the information and guidance they give is aimed at helping you to resolve and/or improve your financial situation.

Professional Legal Advice

This service is for those seeking legal advice about a personal matter, ie we do not provide legal advice in relation to any employment matter. The information and guidance provided is limited to high-level, general guidance that seeks to put a framework around the issue so that you are able to understand what to do and where to go from here.

Habit Health EAP is completely confidential with three sessions covered by your employer. To request an in-person, phone or video appointment, scan the QR code, phone or visit **eapservices.co.nz**

NZ 0800 327 669 | **AU** 1800 726 474 | **Intl** +64 9 353 0906