What is EAP?

habithealth eap

Your EAP (Employee Assistance Programme) is a professional and confidential service paid for by your employer.

It is here to assist you If you are experiencing any personal or work related difficulties. This service is provided by an independent company, Habit Health EAP, and their Professionals are all qualified, registered and highly experienced EAP specialists.

What kind of assistance does EAP provide?

Habit Health EAP provides brief, solution focused support, to help you deal with any difficulties you may be experiencing and to minimise their impact on your life. This discussion with your EAP Professional will be informal, friendly, and focused on meeting your needs.

How do I access Habit Health EAP?

Appointments are available 7:30am – 7:30pm, Monday to Friday. In addition a number of Habit Health EAP locations offer extended hours, including weekend support.

To arrange a confidential in-person, telephone or video appointment, scan QR code or visit **eap.habit.health**

How can Habit Health EAP help?

You can talk to an experienced Professional about any number of concerns including (but not limited to):

- **Counselling support** for anxiety, stress, low mood, grief, trauma, addiction and major life changes
- **Relationship**, family, parenting and elder care support, including workplace conflict and communication challenges
- **Guidance** including career direction, financial, legal and health support
- **Health coaching** covering fitness, nutrition, heart health, sleep and fatigue, pain and headache support, and QuitHelp programmes
- **Specialised services** like Rongoā Māori and culturally responsive wellbeing support, and Menopause or Men's Hormonal Health. These services may require approval from a manager.

Why does your organisation have an EAP programme?

Wellbeing in the workplace means you are engaged, motivated, productive and successful, which links directly to your employer having happier staff and a positive workplace culture.

Everyone can benefit from a more vibrant work environment, including opportunities for development and improved performance.

Their EAP professionals are all qualified, registered and highly experienced. They work in compliance with a professional code of ethics and EAP governance standards.

As an independent company engaged by your organisation to provide external counselling services, Habit Health EAP guarantees a genuine focus on meeting your needs.

What about confidentiality?

Habit Health EAP is completely independent of your organisation and no identifying information about you will be released without your written consent.

Confidentiality is assured.

Scan the QR code to arrange a confidential appointment or call **0800 327 669**.

Prioritise your wellbeing with habithealth+



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