

EAP wellbeing support

Northern Queensland Primary Health Network (NQPHN) is offering **FREE** counselling support for all GPs and their practice staff in the NQPHN region through AccessEAP.

It is common to experience a range of intense emotions during a rapidly evolving pandemic such as coronavirus (COVID-19).

The immediate loss of control and threat to personal safety can be frightening, as well as stresses associated with financial and emotional wellbeing, and can lead to severe and acute shock, distress, and anxiety.

People who have faced potential loss, injury, or even death, from a pandemic such as COVID-19 will experience a range of feelings immediately, weeks and possibly months

later, especially with the COVID-19 situation. The memories and associated fear that a similar event will reoccur can be long lasting.

You may wish to speak confidentially with a counsellor who will understand your emotional response, who will listen without judgment, offer information, and assist you with strategies to minimise the negative impact of the pandemic.

Seeking counselling is not a sign of weakness. Counselling can help significantly in the recovery process.

How to get in touch

To access this confidential service, please contact AccessEAP on **1800 818 728** and identify as one of these groups when calling into our service, starting with Northern Queensland Primary Health Network, then GP staff.

For more information on AccessEAP, visit their website at www.accesseap.com.au



***Please note:** If you are a member of RACGP, you will already have free access to *The GP Support Program* delivered by Optum EAP. Ring 1300 361 008 to get in touch.

www.nqphn.com.au

