

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.

Working in general practice is a fulfilling and rewarding career that plays a crucial role in improving the health of all Australians. Nonetheless, the inherent nature of this occupation often brings about challenges and stressors.

AccessEAP is a voluntary, confidential, and complimentary counselling service. It is a short term, solution focused approach to help you enhance your overall wellbeing.

Access EAP can assist when personal, family, or work-related concerns are impacting on your health or quality of life and also when you need guidance on professional or personal goals or effective communication skills.

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 any events.

Seeking counselling is not a sign of weakness. Counselling can help you significantly.

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.accessseap.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.

NQPHN acknowledges the Aboriginal and Torres Strait Islander peoples as Australia's First Nation Peoples and the Traditional Custodians of this land. We respect their continued connection to land and sea, country, kin, and community. We also pay our respect to their Elders past, present, and emerging as the custodians of knowledge and lore.



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