

AccessEAP wellbeing support

Employee Assistance Program

Northern Queensland PHN provides **FREE** counselling support through AccessEAP for all GPs, pharmacies, ACCHOs, AMSs, and their staff within the NQPHN region.

Healthcare is a rewarding and vital profession that improves the lives of Australians every day. However, the nature of this work—and the added pressures during cyclone and flood seasons—can bring challenges and stress.

AccessEAP offers a voluntary, confidential, and free counselling service designed to support your wellbeing. This short-term, solution-focused approach can help when personal, family, or work-related issues affect your health or quality of life. It's also available if you need guidance on professional or personal goals, or want to improve communication skills.

You can speak confidentially with a counsellor who will listen without judgment, understand your concerns, provide information, and help you develop strategies to reduce the impact of stressful events.

Remember: Seeking counselling is not a sign of weakness—it's a proactive step toward better wellbeing.



How to get in touch

- 1 Call AccessEAP on 1800 818 728
 - 2 Identify as Northern Queensland Primary Health Network
 - 3 Identify as GP, pharmacist, ACCHO/AMS worker, or staff member of one of these groups
- 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.*

phn
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AccessEAP
People in Focus