



Employee Assistance Program

We Value Our People

Wimmera Health Care Group is committed to supporting and developing all members of our staff so that you can function safely and effectively at work, and experience satisfaction in your chosen jobs. To demonstrate our ongoing commitment to you all, an Employee Assistance Program (EAP) is available to provide confidential and professional counselling services. This program is fully funded by Wimmera Health Care Group and is available to help with both work-related and personal difficulties.

Chris Scott
Chief Executive

What is the Employee Assistance Program?

The Employee Assistance Program (EAP) provides assessment, counselling and support services to any employee who would like assistance to deal with any challenging issue. The EAP provides brief and timely intervention to help staff deal effectively with difficulties and assists with referral to other professionals or agencies if longer term assistance is required (up to three counselling sessions are provided free by Wimmera Health Care Group through the EAP).

What Issues Can the Employee Assistance Package Help With?

The range of issues that may be addressed through the EAP are broad and may relate to either personal or work-related matters, including:

- stress and trauma
- conflict with others
- alcohol and substance abuse
- gambling problems
- career path planning
- emotional problems
- relationship / family problems
- coping with change
- lack of confidence
- other health issues

This initiative aims to help you make decisions, identify your options, boost your coping skills and overall, to improve your management of the issue. It does not take control away from you.

Is It Confidential?

Yes. Whether you contact a Psychologist direct or through your department head, your confidentiality is assured. At times there may be benefits to a staff member to have the counsellor make contact with their department head. This may only occur with the written authority of the staff member involved. The nature of any information disclosed will be limited to that which the department head needs to know to support their staff member.

What Is Involved In Seeing A Counsellor?

A counselling session generally takes about an hour. Some people like to prepare for the session by jotting down notes about the key elements of the issue they wish to discuss. Others prefer just to meet with the counsellor and let it take a more natural course. Either way, the counsellor will aim to put you at ease and help you feel comfortable with the choice you have made to use the Employee Assistance Program.

When Can I Meet With A Counsellor?

Appointments are generally available between 8.30 am and 6.30 pm Monday to Friday. Specific requests for times outside of this will be met if possible. You are able to attend during work time at the discretion of your department head. The department head does not need to know why you are attending.

Who Provides The Assistance?

Wimmera Health Care Group has engaged a number of independent psychology and counselling practitioners who provide assistance. All practitioners are well qualified and experienced in this field to provide a professional, practical and caring service.

Where Do I Go?

Marie Aitken and Jenny Keir have comfortable and private rooms at Mynara Medical Centre, Baillie Street, Horsham.

For Nonie McClelland you need to phone her to receive directions to her rooms on Blue Ribbon Road, Horsham.

Wendy Barton Counselling is situated at 21 McPherson Street, Horsham.

How do I Access The Employee Assistance Package?

You may call Mynara Medical Centre 5381 1640 to arrange an appointment with Marie Aitken or Jenny Keir.

Or

Phone Nonie McClelland 5382 1483 to arrange an appointment.

Or

Phone Wendy Barton 5382 9026 to arrange an appointment.

There may also be times when your department head, a colleague, or another person from work suggests that it would be helpful for you to talk with a counsellor and will help you to organise this, if you are agreeable. Remember, it is your choice.

When you call, please advise if the matter is urgent. You must state you are a staff member of Wimmera Health Care Group.

Information current September 2008