

Employee Assistance Program

Mental wellness program

Procare's employee assistance program is a free & confidential mental health service, designed to enhance the emotional, mental and psychological wellbeing of employees.

The aim is to provide professional counseling services for work and non-work related issues that may impact your wellbeing.

Three complimentary sessions are provided by UAC for members and staff. Any additional sessions required are at the expense of the member.

The offer is not intended to replace existing EAP arrangements but support those who may not have access to support.



Mental wellness program

- Anger Management
- Anxiety
- Depression
- Bereavement, grief and loss
- Emotional concerns
- Gambling
- Manager Support
- Relationship issues
- Self esteem
- Stress Management
- Illness and injury adjustment
- Addiction
- Sleep issues
- Trauma
- Workplace Stress
- Any other issues you may be facing.

**3 Complimentary Sessions
per staff member**

Procare is a national Australian provider of wellness, injury prevention and injury management services, operating since 1998. With over 40 locations across Australia, we have people ready and available to help near your workplace.

How can I make an appointment?



PHONE US:

AU: 1800 783 260
NZ: 0800 006 644



EMAIL US:

eap@procaregroup.com.au

EAP triage line:

MON TO FRI:

8.30am - 7.00pm AEST

SAT & SUN:

9.00am - 1.00pm AEST