



# Need Support?



**CARANICHE  
AT WORK**

Making people the priority

## Your Employee Assistance Program (EAP) is here for you

- Free and confidential
- Short-term, solution-focused counselling
- Provided by professional counsellors and psychologists
- Address workplace and personal issues

## EAP can assist you with:

- Stress management
- Feelings of being overwhelmed
- Bullying and harassment
- Grief and loss
- Relationships and family issues
- Anxiety and depression
- And many other workplace and personal challenges

**1800 099 444**

**[work.caraniche.com.au](http://work.caraniche.com.au)**

Call us 24 hours a day, 7 days a week, or make an appointment online.