

# SAFETY ALERT



## **TITLE: Employee Assistance Program Number: 83**

FPC contractors have free access to the FPC's Employee Assistance Program (EAP). Participation is voluntary and strictly confidential.

PeopleSense by Altius provides confidential professional counselling services. These services can be accessed for personal or work-related issues and are designed to provide short term psychological assistance to contractors and their immediate family members in need.

We all experience ups and downs in life. It is impossible to avoid the many stresses, conflicts, and challenges that occur in modern life. Often, we resolve these situations on our own or with the help of family and friends. Sometimes, however, it helps to talk to an experienced counsellor.

For more information or to make an appointment: Phone 1300 307 912 (24 hours a day, 7 days a week) or visit the [PeopleSense website](#) or [download the PeopleSense EAP flyer](#)

### **Additional Wellbeing Services Available**

Physical, psychological, social, financial and nutritional aspects of health and wellbeing are all important factors to healthy living in today's busy world. There is also access to additional wellbeing services as part of the EAP program. To find out more visit the links below.

- [Financial Support](#)
- [Nutrition Support](#)
- [Individualised Exercise Support](#)