

EMPLOYEE ASSISTANCE PROGRAM



Supporting Your Wellbeing with Pre-Emptive Healthcare

Your employer has partnered with Pre-Emptive Healthcare to provide you with access to confidential psychological support through our Employee Assistance Program (EAP). This initiative is designed to support your mental health and overall well-being, helping you navigate personal and professional challenges with the guidance of our experienced clinicians.

What is the Employee Assistance Program (EAP)?

The EAP is a confidential support service offered by your employer to assist you with any personal or work-related concerns. As part of this program, you are entitled to three (3) therapy sessions with our highly experienced psychologists, at no cost to you.

How Can the EAP Help You?

Our EAP sessions can provide support for a variety of concerns, including but not limited to:

- Stress, anxiety, and burnout
- Workplace challenges and career stress
- Relationship and family concerns
- Grief and loss
- Life transitions
- Self-esteem and confidence
- Coping strategies and resilience building

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PRE-EMPTIVE
HEALTHCARE

How to Access Your Sessions

1. Inform Your HR Department: Before accessing the EAP, please notify your HR department that you intend to use the program.
2. Confidentiality Assured: Your participation in the EAP is completely confidential. No personal details or session content will be shared with your employer.
3. Booking Your Appointment: To schedule a session, simply contact Pre-Emptive Healthcare:
 - **Phone: 03 9989 3380**
 - **Email: admin@pre-emptive.com.au**
 - **Online: Please See Our [How To Book Online](#) Document**
4. Flexible Appointments: Sessions are available in person at our clinic or via Telehealth (phone or video) for your convenience.

Once your appointment is confirmed, our friendly reception team will e-mail you a confirmation e-mail with a consent form attached for your review.

Take the First Step

If you're feeling overwhelmed or just need someone to talk to, we encourage you to make use of this opportunity. Your well-being matters, and support is just a conversation away.



our website