A Confidential Two Stream Professional Service:

Stream 1. Personal Counselling

Professional one on one counselling addressing the issues that may be affecting you at home, at work and/or in the community.

Issues include but are not limited to:
- Loss & Grief
- Alcohol and other substance misuse
- Relationship Stressors
- Financial Issues
- Depression & Anxiety
- Workplace Issues

Stream 2. Skills Building

Professional small group and/or one on one coaching/mentoring sessions aimed at addressing interpersonal issues that may be affecting you in the workplace.

Issues include but are not limited to:
- Working with difficult people
- Organisational Change
- Assertive Skills
- Career Issues
- Time Management Skills
- Conflict Resolution Skills

Who can access this service?

Anyone who is employed by the Catholic Schools Office (CSO) has the right to access this service.

Will It Cost?

No, the CSO will pay for SIX sessions. If you require further appointments this will need to be negotiated with the Employee Services Team.

How do I access this service?

The CSO has a confidential direct telephone number that you can call to discuss an appointment. An Employee Services Team Member will organise with you a referral for your first appointment.

02 69370014 02 69370014 02 69370014
Confidentiality and Privacy

The Catholic Schools Office is committed to supporting all employees of the Wagga Wagga Diocese. No personal information is given to the CSO without written consent by you.

All service providers are mandatory reporters and must make a report if there is risk of ‘significant harm’.

Who are the Service Providers?

The Catholic Schools Office has contracted the services of a variety of professional agencies including Corporate Coaches, Psychologists & Counsellors that you can choose from.

Can I Self Refer?

Yes. Referrals for the EAP will be accepted through the confidential direct Employee Services Team telephone number 0269370014

Other resources available

24 hour support lines

ACCESS LINE 1300 369 968

MensLine 1300 789 978

Lifeline 13 1114

We are communities of:

- Faith
- Learning
- Care
- Service
- Stewardship

Employee Assistance Program

EAP

02 69370014