

EGT's Employee Assistance Program (EAP)

All EGT apprentices have free, confidential access to an Employee Assistance Program (EAP) provider throughout their apprenticeship. This gives you the opportunity to speak with an experienced counsellor about any issues which might be preventing you from performing at your best in your personal or working life.

How to contact EGT's EAP - Ashcliffe Psychology

Ashcliffe Psychology will not release details of your concerns to EGT or your host employer, but they can make recommendations, help seek solutions and identify better ways of dealing with any concerns you may have.

If you are comfortable speaking with your Field Officer or another staff member from EGT, feel free to contact

them if you have any questions about this service. Otherwise, you may contact Ashcliffe Psychology directly on 1800 468 001.

 **1800 468 001**

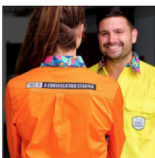
Additional mental health services

There are many other Australian organisations who offer free, confidential mental health support and counselling services. If it is an emergency, however, please dial 000.



Mates in Construction (MIC)

If you or someone you know is doing it tough, the MATES Helpline is available 24/7 on 1300 642 111.



TIACS

TIACS is a free mental health service, available to all, with no GP referral required. Call or text 0488 846 988, between 8am and 10pm AEST (Mon-Fri).



Beyond Blue

Beyond Blue is a safe space to get one-on-one mental health help from qualified counsellors. Phone 1300 22 4636 or use their new webchat service.



Lifeline

24/7 Crisis support and suicide prevention is available through Lifeline. You can contact Lifeline by phone on 13 11 14, text 0477 13 11 14 or chat online.

