

What is an EAP?

An Employee Assistance Programme (EAP) is a confidential way in which you can seek support on things that may be worrying you.

Such issues may include personal/work relationships, separation/divorce, anger, grief, stress, depression, anxiety, drug, alcohol and gambling concerns.



1 Call **0800 284 678** – the service operates 7 days a week / 24 hours a day. Alternatively, you can go on-line via **www.instep.nz**

2 The call or online request, will be answered by an Instep EAP professional



3 The Instep staff member will listen to what is going on for you and match you with an appropriate provider. They will listen to any preferences you may have for appointment times, location and your preferred communication method (phone, email or text)



4 They will then make an appointment for you to see a provider, that they believe would best suit your needs

5 The staff member will then contact you to give you the appointment details

We're here to help
0800 284 678 | www.instep.nz

