



AFL Employee Assistance Program (EAP)

The AFL Employee Assistance Program (EAP) is a confidential personal and professional development resource available for all employees and their immediate family members. The EAP is designed to help maintain the right balance between wellbeing and performance. The service is able to assist with a wide range of situations and issues and aims to help individuals develop positive strategies to resolve their concerns. The EAP services are delivered by an external provider, Davidson Trahaire Corpsych (DTC).

The wellbeing services that are available to employees and their immediate family members include:

employeeAssist® - solution focussed counselling and coaching, to deal with work and life issues. The program can assist with a broad range of personal and / or work-related issues including:

moneyAssist® - early access to financial expertise to prevent money issues developing into major problems by providing support for cashflow and / or debt situations impacting day-to-day living.

Dietician Service – accessible via telephone and covers the full range of nutrition issues including weight management, digestive health, using nutrition to assist with medical conditions and children's health.

National Home Doctor Service – DTC has partnered with NHDS to promote their after hours home visiting doctor service. Telephone 1800 Home DOCTOR / 1800 466 337 for this service that bulk bills.

eapdirect® - online health and wellbeing portal that provides access to information and articles, self assessment tools, videos and podcasts, online counselling and support, a range of financial literacy and learning modules and many more tools and resources.

managerAssist® - telephone coaching and support for managers and supervisors dealing with difficult or complex people issues. A manager may seek consultation regarding a particular issue or for referral of a staff member.

traumaAssist® - requires referral by a manager or supervisor for onsite support, coaching and risk management following a workplace incident.

The EAP can be accessed by telephone / face-to-face / video counselling.
The toll free number for appointments is 1300 360 364.

Online access is via the web site www.eapdirect.com.au. When accessing the site for the first time click on the Register Here icon and enter the case sensitive logins below:

Organisational Name: **Australian Football League (AFL)** Organisational
Token: **AFLEA** Organisational Password **usrkey**

EAP consultations are strictly confidential and services are provided at the cost of AFL.
To provide feedback on any EAP service issue please call DTC's Customer Response Line on
1300 361 797.