



by centacarefnq  
*Balance*

centacare  
MAKING A DIFFERENCE FNQ



# Employee Assistance Program

Finding Balance for workplace wellbeing

# Balance by Centacare FNQ

Balance by Centacare FNQ is a free and confidential Employee Assistance Program (EAP) for employees to support a balanced life and improve wellbeing and can include services for immediate family members.

EAP provides proactive interventions that enable early detection, identification and opportunities for resolution of work and personal problems that can affect performance and wellbeing. EAP can assist with matters such as:

- Work/Life balance
- Work crisis, trauma
- Critical incident debriefing
- Bullying and harassment
- Redundancy/career transition
- Relationships
- Bereavement, grief and loss
- Anxiety, stress and depression
- Family, child and elder care

EAP can also help you to clarify a problem, identify options, develop plans to approach difficult issues constructively and assist with your work and life journey.

> Find out more about Balance on our website.



Call 07 4044 0130 or  
Email [intake@centacarefnq.org](mailto:intake@centacarefnq.org)



[centacarefnq.org](http://centacarefnq.org)