

#letstalkaboutit



**FEELING
A BIT**
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Relationships Australia – Northern Territory (RA-NT) have an Employee Assistance Program (EAP) agreement with many workplaces to provide **free counselling for their employees and families.**

RA-NT provides a safe and confidential place away from your workplace to talk about concerns with professional and experienced staff.

You may be facing difficulties and challenging times in your personal life or have concerns about work. RA-NT offer counselling for a range of matters including;

- › stress, fatigue and/or depression
- › couple and family issues
- › working relationship difficulties
- › adjusting to organisational change
- › separation and divorce
- › grief and loss
- › children and family

RA-NT also offer workplace mediation, critical incident response and wellness and self-care workshops.

Don't be afraid to get in touch!

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