

Make an Appointment

Appointments are available:

9.00am to 5.00pm Monday to Thursday
9.00am to 4.30pm on Friday.

After hours appointments
can be negotiated if needed.

Phone ACCESSCQ
1300 523 985



Administration Office
16 Bolsover St
PO Box 819
Rockhampton Q 4700
accesscq@centacarecq.com

Employee Assistance



CQ Employee Assistance Program

About Our Service

Your Employee Assistance Program (EAP) is a counselling service provided by your employer that is free, voluntary and confidential.

EAP helps employees and their dependent children deal with work or personal issues that may affect their work performance and well being.

The Employee Assistance Program does not cover medical or specialist health services.

Counsellors cannot write reports including Work Cover or medical claims.

Your counselling sessions are private and confidential. The only information that is provided to the employer is statistical data.

Counselling Service

ACCESSCQ was established in 1989 as a division of the social services agency CentacareCQ.

Offering professional and confidential counselling to all people, our aim is to encourage and strengthen individuals, couples and families to continue to develop and grow.

You can expect your counsellor to be respectful, non judgmental, genuine and confidential.

Sessions last about one hour. The number of free sessions depends on the contract your organisation has with us. You will be informed about the specifics of this when making your appointment.

Our Counsellors

- Are tertiary qualified
- Are approved as Family and Child Counsellors by the Attorney General Department under the Family Law Act
- Receive regular professional supervision and training
- Hold Suitability Cards for Working with Children

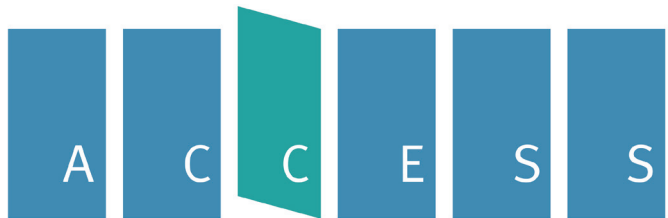
How can counselling help?

Counselling can help with many issues including:

- Work related concerns—organisational change, harassment, conflict, work relationships etc.
- Personal development issues, eg. self esteem or assertiveness
- Grief and loss
- Stress management
- Alcohol and drug use
- Changes in families, eg. separation or divorce
- Any other issues that are causing family problems

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