



# General practice wellness program

WA Primary Health Alliance is offering **FREE** counselling support for all GPs and their practice staff across WA through the long established and experienced employee assistance program provider, **AccessEAP**

To support WA general practice teams navigate the COVID-19 response, and help them deal with personal and professional pressures that may arise, WA general practices can now access three sessions with WA Primary Health Alliance's Wellness Program free of charge.

The program offers confidential sessions with a counsellor who will understand your emotional response, who will listen without judgment, offer information, and assist you with strategies to minimise negative impacts of the pandemic.

Issues that can be addressed during counselling sessions include:

- Preparing for major life changes;
- Changes to work roles
- Changes within families (marriage, new baby, divorce/separation)
- Personal and professional goal setting
- Develop new strategies for handling stress at work or at home
- Simply to have someone to talk to about any of life's inevitable challenges.

Seeking counselling is not a sign of weakness.

Counselling can help significantly in the recovery process.

To access a confidential phone or video counselling appointment, contact Access EAP anytime on 1800 818 728. You will need to identify as a WA Primary Health Alliance member. For more information, visit [www.accesseap.com.au](http://www.accesseap.com.au)



**WA Primary  
Health Alliance**

**phn**  
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