



THE ANGLICAN DIOCESE  
OF MELBOURNE



## Introducing the Employee Assistance Program (EAP) for Clergy

Dear Colleague, as of 1 January 2016, the Anglican Diocese of Melbourne, through LifeWorks Relationship Counselling and Education, will provide an EAP for clergy of the Diocese. LifeWorks is a Not-For-Profit organisation originally established as the Anglican marriage counselling centre, but which now operates independently to the Anglican Diocese of Melbourne. LifeWorks has highly trained professional counsellors who are there to help you deal with whatever issues are impacting on you in your vocation and ministry – it doesn't matter if they originate in the context of your ministry or in your home life. LifeWorks have many years of experience in providing counselling to help those experiencing pressure, stress and anxiety in their lives. The EAP is intended to provide support for those requiring it, additional to other support provided by persons as mentors, coaches and spiritual directors.

### Who is eligible?

All ordained clergy of the Diocese of Melbourne, their spouses, and immediate family members can access the EAP.

### How much does it cost?

The EAP is **FREE** for up to three sessions.

### How many sessions am I eligible for?

The Diocese funds up to three (3) sessions per year, per person, through the Nigel Morgan Fund for Clergy Wellbeing at the Melbourne Anglican Foundation. Beyond that, there may be an opportunity for further self-funded sessions, the Diocese may consider requests for further funded sessions, or a referral may be made to an appropriate professional who can provide you with ongoing support.

### How soon can I access counselling?

In most cases, LifeWorks can fit you in within the week for face-to-face counselling and within a day or two for telephone or online counselling. Urgent cases can be expedited – just let the team know your needs and they'll work with you to secure an appointment.

### What kinds of issues might I use the EAP for help with?

The EAP can assist with challenges such as:

- Ministry related pressures
- Interpersonal conflict
- Work overload
- Bullying and harassment
- Problems with addictions
- Depression & anxiety
- Emotional stress
- Relationship problems
- Work-life balance
- Other issues affecting ministry performance

### Do I need to see someone in person?

Appointments and counselling sessions can be accessed in person or over the phone. You can even access counselling online via video (e.g. Skype) if you choose. LifeWorks has branch locations across Melbourne and in Geelong.

### How do I contact LifeWorks?

It's easy – **just call (03) 8650 6262**. LifeWorks client services team will arrange an appointment booking with you on the spot.

### Will my Bishop or anyone at the Diocese be told about what I talk about in counselling?

The EAP is a confidential and anonymous service and neither your name nor the content of your session will be provided to the Diocese. You will be assigned a case ID. The only exception is where LifeWorks is compelled by law to protect vulnerable individuals, for example reporting child sexual abuse or threats to harm someone. Your counsellor will explain these terms prior to counselling and LifeWorks will provide you with an information sheet so you know what to expect.

### Who can I talk to if I have questions about the EAP?

You can speak directly with LifeWorks' dedicated EAP Manager, Jamie Anderson (AHPRA registered psychologist) by calling (03) 8650 6262. Jamie will be happy to answer any queries you have about the EAP or help you if you have any concerns about counselling.

We all have times in our lives when things aren't OK.

**We encourage you to speak to LifeWorks when you need support to cope with any of those times.**

**Just call (03) 8650 6262.**



What can you do when you don't feel OK?

CALL (03) 8650 6262, LifeWorks - Your EAP Provider