



# Employee Assistance Services 2023

## MAX Solutions - 1800 629 277

Max Solutions is ATSILS' chosen EAP provider. It is a confidential counselling service that can be accessed for assistance with work and/or personal concerns. All MAX Solutions counsellors are registered psychologists or social workers.

In Person and online options available.

More Information: https://www.maxsolutions.com.au/eap-employee-support

Max Solutions services are self-referred and ATSILS does not have access to individual cases and information.

## **Wakai Waian Healing - 1800 732 850**

Wakai Waian Healing provides direct and focused psychological and counselling services to remote and rural areas of Australia, focusing on the social and emotional wellbeing of Aboriginal and Torres Strait Islander peoples.

In Person (Cairns & Rockhampton) and online options available.

More Information: https://www.wakai-waian.com.au/psychology-and-counselling-services/

## LawCare (Queensland Law Society) – 1800 177 743 (8:30am to 5:00pm)

LawCare is provided by the Queensland Law Society for QLS members. All services are provided by an independent organisation called Converge International, whose counsellors are qualified, experienced professionals with training and experience in counselling and coaching.

Telephone, in person, video counselling or live chat options available.

More Information: <a href="https://www.qls.com.au/Services/Personal-Services/LawCare">https://www.qls.com.au/Services/Personal-Services/LawCare</a>

## Bar Care (Bar Association of Queensland) – 1800 177 743

Bar Care is committed to assisting its members focus on their health and wellbeing. Bar Care is the Association's collection of programs and resources dedicated to the health and wellbeing of members.

Telephone, in person, video counselling or live chat options available.

More Information: https://qldbar.asn.au/bag-cms/online-support

## 13 YARN - 13 92 76

13YARN is a first national crisis support line for mob who are feeling overwhelmed or having difficulty coping. They offer a confidential one-on-one yarning opportunity with a Lifeline-trained Aboriginal & Torres Strait Islander Crisis Supporter. **24/7 telephone support.** 

More Information: <a href="https://www.13yarn.org.au/about-us">https://www.13yarn.org.au/about-us</a>

## LifeLine - 13 11 141

LifeLine is a national charity providing all Australians experiencing emotional distress with access to 24/7 crisis support, suicide prevention and mental health support services. Lifeline is the largest crisis line in Australia and can assist with a wide variety of issues.

24/7 telephone support.

More information: https://www.lifeline.org.au/

If you have any suggestions on how ATSILS may better support its staff and their families, please contact Maggie Johnson in our Cairns office on 40466400, or send an email to <a href="maggie.johnson@atsils.org.au">maggie.johnson@atsils.org.au</a>