

Where you can find us

For a location near you, visit our website:
www.liferesolutions.com.au or call 1300 668 256

Available session times

Monday to Friday 8am – 9pm

Saturdays 9am – 6pm

Bookings and inquiries

Call our friendly team on 1300 668 256 or email inquiries@liferesolutions.com.au. For more information visit www.liferesolutions.com.au

Special requirements

Life Resolutions[®] caters for all people including:

- those who speak languages other than English, via psychologists with a second language or interpreters
- those with physical disabilities, as many practices are wheelchair accessible



**Employee
Assistance
Program
(EAP)**



**It's
Good
To
Talk**



Call 1300 668 256
www.liferesolutions.com.au

 **life resolutions**[®]

What is an Employee Assistance Program (EAP)?

Your employer has an agreement with **Life Resolutions®** to provide your EAP.

This provides you with independent and confidential counselling with one of our registered psychologists to assist you in dealing with work and life issues.

Who pays for it?

This voluntary and confidential counselling is fully subsidized by your employer for a capped number of sessions.

Is counselling for me?

Counselling is for anyone who wishes to improve their life.

Life Resolutions® psychologists guide you in resolving issues and assist in your emotional development so that you can move forward in all areas of your life with a happier and more content future.

We help people with:

- Addictions
- Anger Management
- Anxiety/Panic Attacks
- Bullying
- Career Transitions
- Depression
- Family & Relationships
- Leadership Skills
- Life Coaching
- Loss & Grief
- Phobias
- Self-esteem
- Sexual Assault
- Sleeping Problems
- Stress
- Weight Issues
- Work Conflict
- Work Performance

We have many locations, male and female psychologists, and are open long hours for your convenience.

EAP and Life Resolutions®

All our psychologists are fully registered and qualified, supporting you in a warm and caring environment to overcome difficulties and barriers that hold you back at work and in life.

Counselling enables you to feel happier and more satisfied in yourself and in your relationships.

Who is Life Resolutions®?

Life Resolutions® is a leading network of professional and caring psychology practices, serving your local community since 2001.

Life Resolutions® psychologists are:

- highly experienced in dealing with all issues
- registered with the Psychology Board of Australia

Life Resolutions® standards

We are raising the standard of care and service for you by ensuring the highest levels of professionalism through our Customer Service Charter. You can expect:

- that you, the client, comes first
- prompt response to written, online and telephone inquiries
- that you are not waiting a long time for a session
- the highest level of care

Bookings and inquiries
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