

## Registrar Assistance Program

GPEX recognises that both work and home environments have an impact on registrars and employee's health and work performance. In recognition of this responsibility, GPEX has in place an Assistance Program for both registrars and employees. The assistance program provides an informal, confidential and short-term counselling service. McPhee Andrewartha, an independent counselling organisation, provides these Assistance Program services to you.

Phone McPhee Andrewartha 1300 856 480 to make an appointment time.

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### What issues does your Registrar and Employee Assistance Program cover?

Counselling available for both work and personal/family issues.

Work issues may include:

- Coping with change,
- workload,
- work-related stress,
- career counselling,
- bullying and harassment,
- management planning,
- conflict,
- critical incident debriefing.

Personal issues may include:

- Stress management,
- relationship difficulties,
- family concerns,
- grief and loss,
- depression and anxiety,
- child/ parenting issues.

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### FAQs

#### ***Who can access the Assistance Program?***

The program is open to all GPEX registrars and employees

#### ***How many sessions can I access?***

Initially three (3) sessions for each registrar and employee per year

#### ***How much does it cost?***

The service is FREE to registrars and employees

#### ***How do I make time?***

Appointments are made via self-referral. Call 1300 856 480

#### ***Are my counselling sessions confidential?***

The program is a 100% confidential counselling service. All issues are treated sensitively and respectfully.

#### ***Who do I meet with?***

McPhee Andrewartha has a team of psychologists who have extensive experience in career, personal and management counselling.

#### ***Where do I go?***

Face to face appointments are offered at McPhee Andrewartha's city-based office at 188 Greenhill Road, Parkside. They can also provide counselling via telephone/ skype/facetime.

For further information about your Assistance Program psychologists visit:

- Mcphee Andrewartha  
<http://www.mcpheeandrewartha.com.au/>

The following organisations are also available for support:

- Doctors Health SA
- DRS4DRS
- GPRA