

## Our EAP-App ist available! A short introduction



### Our EAP App can help

Our EAP App concentrates on bringing awareness of health and well-being into the workplace. The EAP-Institute App is now available and free to download via the App Store on your smartphone. Our App offers a broad variety of support tools including information on health topics and the general well-being at work.

- Get the right help - anytime, anywhere, simply over your smart phone
- Get immediate, confidential and secure access to your Employee Assistance Program (EAP) on your smart phone
- No personal data is stored

### Confidential EAP support at any time and from anywhere

- Exchange text messages with a qualified counsellor
- Connect to the EAP online tools
- By simply pushing one button you are directed to our hotline for support
- Test your stress level and your need for recovery
- Read insightful articles and receive valuable information

### The EAP Chat counselling – anonymous, contemporary and easy to access

Those who are seeking help or support regarding any subject can use our live chat to obtain a first advice from our psychologists/psychotherapists. With this additional offer we address those who feel more comfortable communicating via the internet and those who seek professional counselling regardless of time and place. All chats are 100% confidential and anonymous. Now it is your turn to focus on your well-being and to simply access our EAP service.

### You can contact us 24 hours a day, 365 days a year

- **Chat counselling** via the EAP App
- **Phone:** +43 (0) 2252 820023
- **Crisis Hotline:** 0800 202 506 (24/7 for free)

**Please don't hesitate to contact us at any time. We are there for you!**

## EAP-App Manual

### How to download the EAP App

You can easily download our EAP App from your App Store or Google Play Store via your smartphone. Simply access your App / Google Play Store and type “EAP-Institut” into the search option.



### Log In

Once you have downloaded the EAP App you can log in with your personal username and password. Your employer will give you the log in data for the EAP App. The use of the EAP App is completely anonymous.

### Chat Counselling

Once you have logged in to the EAP App the main menu will show up on your display and give you various options to select from. If you want to make use of the chat tool, simply click on the following icon:



Chat

### Chat Room

Now you are in your personal chat room where you can talk to one of our qualified counsellors about your issue. Our counsellor will contact you asap to set an appointment for a chat consultation.