

Talking is golden. At the EAP-Institute, our experience has taught us that this is true. Even a single conversation with an "outsider" can produce a lot of positive results. Something is troubling you? Our professional counselling team can help and advise you and your closest family members.



be happy don't worry be happy

0800 202 506
or 02252 820 023

Your FREE face-to-face
or telephone advice
service for private and
personal matters

100% confidential
anonymous
professional
contactable 24/7

Contact us any time. We are here for you.

EAP-Institut management consultancy GmbH

Free CRISIS HOTLINE 24/7

☎ 0800 202 506

Appointments can be booked via

☎ +43 (0) 2252 820 023

✉ info@eap-institut.at

www.eap-institut.at



Scan to book an appointment online!

EAPINSTITUT

We care for employees

EAPINSTITUT

Professional Advice
in any Situation



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The human touch

A respectful conversation focussed on finding solutions always helps, regardless of whether the topic is a small challenge or set-back in a professional or private matter, or a serious crisis. Such a conversation is even more powerful when you know that your counterpart will respond empathetically, independently and professionally, while maintaining complete confidentiality.

Why talk about it?

There is a Chinese saying: worries are like storm clouds – seen at a distance, they look black, but when they are upon us, they are grey. A counselling conversation brings concerns into the here and now. Often, we quickly realise that the sun shines through here and there, and the storm doesn't eventuate after all. And even if one does hit: a storm clears the air and leaves behind fertile soil.

Life is varied ...

... and so are the concerns that people bring to us. Our counselling team is made up of different professions so that we can stand by you in any situation that life puts in your way. Whether you have psychological, health, social or financial questions – together, we will try to find the best solution for you.

Why doesn't this service cost anything?

The EAP-Institute was commissioned by your employer and receives a flat-rate payment.

Will my employer find out?

Every conversation is 100% anonymous and confidential. Your employer will not be informed whether a conversation has taken place. No information will be passed on about the content of counselling or coaching conversations. The only feedback we give to your employer is a standardised quality report.

We speak many languages

We mean this both literally and metaphorically: no matter what topic is worrying you – take advantage of our offer of telephone or face-to-face counselling (up to 6 sessions per topic) and we will support you in many different languages. You will see, it will be worth your while.

Some of the topics we can help you with

WORK AND CAREER

- Work-related stress/pressure
- Professional crises
- Conflicts at work
- Feeling overwhelmed
- Change processes
- Professional re-orientation
- Burnout
- etc.

PSYCHOLOGICAL/MENTAL HEALTH

- Dealing with stress and feeling overwhelmed
- Mental fitness, resistance to stress
- Everyday concerns
- Exhaustion, burnout
- Depression and fear
- Emergencies, crisis intervention
- etc.

ADDICTIONS

- Individual counselling
- Counselling for those close to you
- Planning and arranging therapy
- etc.

PRIVATE TOPICS

Professional difficulties do not stop where our private lives begin, and vice-versa. For this reason, our counselling and coaching services are available around the clock for all employees and their closest family members.

- Family and partnership – solving conflicts
- Separations, new partnerships, life in patchwork families
- Children and young people – educational topics
- Parenting problems
- Personal development
- Coaching for different life situations
- Self-management
- Family stress
- etc.

FINANCIAL PROBLEMS – EXCESSIVE DEBT

- Budget advice
- Preparations for debt counselling
- Preparatory counselling for private bankruptcy
- etc.

LEGAL AND TAX ADVICE

- Free preliminary advice by telephone on legal topics from an EAP-Institute lawyer or tax adviser – labour law excluded

We care for employees