

Aboriginal Employee Assistance Program



The Victorian Aboriginal Health Service (VAHS) recognises the challenges Aboriginal staff face when working in their own communities and have established an employee assistance program (EAP) to support all staff, to explore their challenges to facilitate healing and develop strategies to address identifies issues in accordance with cultural safety and self-determination.

Staff will be given the opportunity to yarn in a confidential non-judgmental space and take away strategies to help address their needs.

We can support with various work related and personal challenges such as:

- Work related concerns
- Substance misuse
- Relationship breakdowns
- Lateral violence
- Gambling
- Cultural support
- Personal problems
- Financial issues
- Family violence
- Spiritual wellbeing
- Grief and loss
- Support with referrals if required

If you feel you would like some support to talk through your current challenges or just need to have a yarn, contact our EAP team by emailing eap@vahs.org.au

Confidentiality

All sessions with the Aboriginal EAP are private and confidential. VAHS is committed to a privacy statement that safeguards the privacy of clients under the Privacy Act 1998. The only time the Aboriginal EAP will need to disclose your private information is when mandated reporting requirements, duty of care or legal requirements are a factor.

About the Aboriginal EAP logo

The Aboriginal EAP logo is designed by Peter Hood a Kurnai and Yorta Yorta man. While designing the logo Peter thought about his journey as a worker and the importance of being heard. The art depicts two people having a yarn within a safe space. It also represents that we are not alone and there are support systems for workers, the journey to that conversations and the path in which the conversation can travel and action beyond the yarning space.