



How to access your Employee Assistance Program (EAP) with MGA Counselling Services

If your employer has signed up with MGA to provide an Employee Assistance Program, you are entitled to a set number of sessions free of charge.

To access this service, simply follow the below steps:

- Call MGA on 1300 38 50 20 or email on your workplace's unique email address that will look something like xxxx@mgacounselling.com.au
- Let us know who you work for
- Give a summary version of what you are seeking help for
- Matt will match you up with the best counsellor
- The counsellor will make contact to arrange a time
- You have your session(s). Everything remains confidential.

You can use your EAP for:

- Feelings of overwhelm
- Stress or anxiety
- Mental health
- Trauma
- Grief
- Abuse recovery
- Generally self care and wellbeing
- Career direction
- It doesn't have to be directly related to work