



eapservices
A Habit Health Company

What you need to know

100% Confidential | Fully funded by your employer

How can EAP support you?

- **Mental health support:** Help with anxiety, stress, depression.
- **Family and relationships:** Support to navigate challenges and conflicts.
- **Financial and legal advice:** Guidance when you need it most.
- **Health and lifestyle:** Support for fitness, nutrition, sleep, addictions, and more.
- **Resilience building:** Tools to manage change and uncertainty.

Sometimes just talking it through with someone impartial, and trained to help can make a world of difference.

Appointments

- **Monday-Friday:** 7:30am-7:30pm, plus weekends at select locations/online.
- Available across New Zealand in person, online or over the phone.

Booking turnaround

Speak to a counsellor fast — quick, confidential support when you need it.

- Virtual/Phone: Within 24-48 hours
- In-Person: Within 2-7 days

habithealth+ app

- Personalised health tips at your fingertips
- Easy to download and use on the go

Habit Heath WellbeingHub

- An online library of resources written by experts
- Login and get going in minutes

Book now



- Scan the QR Code
- Call 0800 327 669
- Visit eapservices.co.nz
- Use the habithealth+ app

