

Workplace Support Services

We are comprehensive staff support service and nationwide employee assistance provider offering a wide range of professional support for your workplace.

With our range of support specialists, Workplace Support offers the following professional services:

- EAP Counselling
- Alcohol & Other Drug Brief Intervention
- Professional & Clinical Supervision
- Leadership & Management Coaching
- Wellbeing Workshops
- Training, Development & Facilitation
- On-site Staff Support
- Critical Incident Support
- Career Direction
- Financial Mentoring



Workplace Support

Level 1, 575 Princes Street
PO Box 1534
Dunedin

Free phone 0800 333 200

Phone: 03 477 8065

Email: office@workplacesouth.co.nz

Website: www.workplacesupport.co.nz



Alcohol & Other Drug Brief Intervention Counselling



Independent EAP Provider
PH 0800 333 200

Enhancing Workplace Wellbeing

www.workplacesupport.co.nz

Your Organisation is proud to provide **Alcohol and Other Drug Brief Intervention Counselling** to all employees.

What is alcohol & other drug brief intervention?

This specialist service is designed to support employees and contractor employees to reduce alcohol and other drug use and related harms, and to comply with company health and safety, and related policies.

Terminology

AOD Alcohol & other drugs, gambling

BI Brief Intervention refers to 6x 1 hour sessions with an AOD counsellor

Who is the brief intervention for?

The brief intervention service provides assessment and counselling support for employees voluntarily seeking change to their AOD use or in response to a non-negative drug test result.

What happens in AOD brief intervention counselling?

During AOD BI counselling you will have the opportunity to discuss your AOD use challenges and concerns with your counsellor and together look at ways of working towards change.

AOD Brief Intervention sessions include:

- An initial assessment of your AOD use concerns and related issues
- Supporting you to better understand the effects of your AOD use on yourself and those around you
- Exploring your motivation for change
- Development of a change plan and helpful strategies to support and maintain change
- Supporting to strengthen social and personal systems to enhance wellbeing

Who will know if I am seeing a counsellor?

AOD BI counselling is confidential and your information is treated as such.

For those that have self-referred, your organisation will only know you are seeing a counsellor if you choose to tell them or ask for time off to attend. Your organisation will know that an employee has accessed AOD BI counselling, but not who.

If the referral came from your manager in response to a non-negative drug test result, Workplace Support will be required to provide the following information:

- Whether you kept all appointments
- If there is a need for you to have time away from work
- Recommendations in relation to return to work

However, this will be discussed with you by your counsellor before any information would be released.

How do I make an appointment?

All you need to do is:

- Call our free phone **0800 333 200**
- If you need to leave a message, supply your name, contact phone number and the name of your organisation, and Workplace Support will phone you back to arrange an appointment time
- You are welcome to bring a support person along with you to your AOD BI counselling session

How much will it cost?

There is NO cost to you personally for the 6 allocated sessions. Your organisation generously covers the expense of these sessions. Should longer term counselling be required, this cost may be your responsibility.

Other things you need to know

Workplace Support guarantees that you will have an appointment with a qualified AOD Counsellor, as soon as possible. Urgent appointments are given priority.

Workplace Support reserves the right to charge for missed appointments, unless 24 hours notice is provided.

