



## **Spectrum Life Employee Assistance Service (EAS) Information Sessions**

You are invited to attend Spectrum.Life Employee Assistance Service (EAS) online information session. During this presentation we will provide a detailed overview of Spectrum.Life's EAS that is available to all school staff.

The EAS provides in-the-moment mental wellbeing support and advice to all school staff on a range of issues including wellbeing, bereavement, conflict and mediation, with short-term counselling also available.

The EAS is a free, fully confidential service that supports school staff and their immediate families as they work through any personal or work-related concerns. The service is provided by Spectrum.Life and funded by the Department of Education.

The EAS is much more than just a counselling service and this presentation will talk you through some of the wellbeing benefits, how you can access it and who can access it from your family.

This presentation is less than 30 minutes long.

We will leave some time for Q&A. Please note that this session is open to all school staff to attend.

The session will be held once per quarter, please see below dates for 2023/2024. Please click on the zoom link below the date to attend. You can access through your browser, there is no need to download the application.

**Monday 4<sup>th</sup> December 2023 – 4:30pm** - <https://us02web.zoom.us/j/84615289469>

**Monday 4<sup>th</sup> March 2024 – 4:30pm** - <https://us02web.zoom.us/j/84615289469>

**Tuesday 4<sup>th</sup> June 2024 – 4:30pm** - <https://us02web.zoom.us/j/84615289469>

