



Supporting your mental wellbeing

Fast access to support services.

Our Mental Health Support Service provides you with face-to-face and telephone based support and coaching from cognitive behaviour therapy coaches.

Our service **provides up to 8 sessions with a coach** to assist you to respond as best you can to the circumstances surrounding your work injury claim that may be impacting you.

Support can be delivered through a combination of online and over the phone coaching, if preferred.

The service is also available to an identified support person (e.g. family member*).

The service is voluntary, with no obligation to participate, and can be provided for undetermined and accepted claims. The service must be approved by your claims manager, and is available to people who are:

- not actively engaged with a psychologist or a psychiatrist on a regular basis
- presenting with mild to moderate anxiety, depression or stress.

To talk to your claims manager about this service, or to organise sessions, please contact them directly:

EML

L15, 26 Flinders Street, Adelaide

Phone **(08) 8217 1100** or **1300 365 105**

Gallagher Bassett

L3, 115 Grenfell Street, Adelaide

Phone **(08) 8177 8450** or **1800 774 177**

* Support person or family member must be over 16 years of age.