



ST JOSEPH'S COLLEGE GEELONG

Staff Wellbeing Representatives 2024



Louisa
Biviano



Matthew
O'Brien
(Westcourt)



Ashlee
Tanner
(Westcourt)



Mel
Dobson

Our 2024 staff wellbeing representatives Louisa Biviano, Matthew O'Brien, Ashlee Tanner and Mel Dobson are part of the Staff Wellbeing Team which is led by Cassandra Gleeson, Acting Deputy Principal - Wellbeing. The team's main aim is to be accessible, approachable and supportive. They plan to be proactive with staff wellbeing initiatives and hope to be able guide St Joseph's staff members in the right direction if there are wellbeing concerns.

EAP (EMPLOYEE ASSISTANCE PROGRAM)

An Employee Assistance Program (EAP) is a voluntary, confidential and complimentary counselling service.

In partnership with AccessEAP, all employees will have access to confidential counselling support 24 hours a day, 7 days a week. This is available to all SJC employees and immediate family members who can access six (6) sessions per annum. Contact AccessEAP to speak confidentially with counsellors who can help you improve your wellbeing and discover your potential.

AccessEAP can assist with: Decision Making - Goal Setting - Stress and Anxiety - Communication Skills - Work/Life Effectiveness - Depression - Parenting - Relationships - Grief and Loss - Drugs and Alcohol - Conflicts - Workplace Concerns.

SJC will remain in partnership with Geelong psychologists David Pereira (5221 4142) and Terri Moyle (0421 457175) in 2024.



CALL
1800 818 728
www.accesseap.com.au