



AccessMyEAP App – Email Template

Send an email to your people or post a blog on your intranet. An email from one of your senior leaders sends a message that this is important and your commitment to the wellbeing of your people is a priority.

AccessEAP, our EAP and wellbeing services provider have recently updated their app, **AccessMyEAP**. The app makes it easy for you to access services which are provided to you as part of our ongoing commitment to support your mental health and wellbeing. I encourage you to download the app and explore the resources available, which include:

- Make a booking to speak with one of our counsellors; face to face, by phone, video chat or AccessChat.
- Read tips, strategies, and new ways to support your mental health and wellbeing journey.
- Choose your own wellbeing tools and resources based on your preferences, goals and interests.
- Take your Check-in regularly and monitor your wellbeing journey with the Wellbeing Tracker.
- For more information and a video walkthrough of the app visit the [AccessEAP website](#).

Although these new services reflect the ever-expanding use of technology in our lives, the choice of whether to use these services or pick up the phone to speak with an AccessEAP Client Services team member still lies completely with you. AccessEAP 24-hour line: 1800 818 728.

AccessMyEAP is free to download and available now from [Google Play](#) and the [App Store](#).

