



Welcome to Happy Done Different!

We would like to introduce ourselves — we are MindFit at Work and we are proud to be Landcare NSW's Employee Assistance Program (EAP) provider.

What do we do?

We do Happy differently.

With more than a decade of experience, MindFit is a leader in workplace wellbeing, mental health, resilience, and mindfulness training and EAP Programs.

Our EAP Services give you confidential access to the following via our EAP Portal:

24/7/365 access to confidential counselling.

Booking a session with a local counsellor online, via the app or phone using our Toll Free number.

Proactive skill development with engaging online content.

Check out the latest training videos in the portal.

And there's more...

The portal includes the latest and greatest support articles and factsheets.

How can you do Happy Different?

It's as easy as 1, 2, 3...

- 1. Download the 'Mindfit EAP' app or go to eap.mindfitatwork.com**
- 2. Log in using the email eap@landcarensw.org.au and p/word: [landcarensweap](#)**
- 3. Explore!**

Booking a counselling session constitutes acceptance of the Counselling Terms and Conditions. These are available on the EAP Portal or at www.mindfitatwork.com/eapterms
Immediate counselling sessions are conducted by an available counsellor. To book a local counselling session, please book a session via the EAP Portal or phone.

