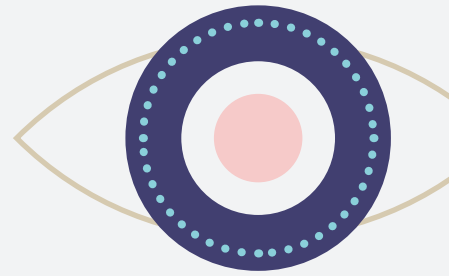


MindFit at Work is proud to be Landcare NSW's Employee Assistance Program (EAP) Service Provider!
As part of our services, Landcare NSW is supporting you with the following:

- **Multiple confidential counselling sessions via video, phone or face to face where available (which can be discussed with Olivia Meredith, the Shared Services Manager - omeredith@landcarensw.org.au)**
- **Digital training pop-ups**
- **Wellbeing insights.**



Everything is available to you in our EAP User Portal which can be accessed via browser or iOS and Android apps.

We highly encourage you to visit and explore the portal to check out what's available!



If you have any questions in regard to the services provided, please contact your HR Representative.

Find us @ [mindfitatwork](#) on Linked In & Twitter keep up to date with the latest wellbeing tips & news



- 1** To access to the EAP Portal simply:
 - **Download the 'Mindfit EAP' app or go to eap.mindfitatwork.com**
 - **Log in using:**
 - **Email: eap@landcarensw.org.au**
 - **Password: [landcarensweap](#)**
- 2** Once that's done you are all set to explore!
- 3** You can also book a counselling session via toll free number:
 - **Australia – 1800 862 042**

mindfitatwork.com

Happy Done Different

