

The EAP Counsellors look forward to meeting employees or members of their families who are getting ready to leave Ottawa or are just passing through en route to the next posting. Much of their work involves helping you identify and deal with stress factors related to working and living abroad.

The personal interactions between EAP Counsellors and foreign service members (employees and dependants alike) are strictly confidential. If you approach them, you can be assured that the fact that you have used the services, the nature of the problem and the content of your conversations with the counsellors will be kept confidential. No EAP files are kept and nothing will be placed on your personal file. To emphasize detachment from the rest of the Bureau of Personnel, two of the three counsellors have offices located behind the Crush Lobby, in Rooms B1-108 and B1-106. The third counsellor's office is located in The Services Centre (SERV) in Room D1-166.

You may be wondering what good are these services when you are abroad and perhaps really need them. Well, the services of SPDA (Employee Assistance Program) are available to you whether you are in Ottawa or abroad, so do not hesitate to get in touch with the EAP Counsellors. Perhaps it is an elderly widowed parent who has stopped writing to you or a timid child who, for the first time, is living and attending school away from the family. In such cases, SPDA can help you keep tabs on someone and attempt to ease your fears.

The EAP Counsellor can also provide you with publications that are available for you to take home. Keep SPDA in mind and do not hesitate to write, phone or visit if the need arises.