



# EAP Educates: How your EAP can assist you with HIV/AIDS

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Your EAP coordinator is available every week and their contact details are on the Notice Board available from the Clinic or the Human Resources Department. They can assist with the following:

## Counselling

- ***Pre and Post Test***

Should you decide to have an HIV test, the EAP practitioner can assist you through counselling to prepare for the test, the result and with the emotions you may feel in anticipation of your results. Once you get your results, she will help you deal with any immediate concerns and give you information, knowledge and skills for coping with the diagnosis.

- ***Progression Counselling***

Assist you and significant others to adjust to the diagnosis and make the necessary changes to ensure that you live positively with HIV.

- ***Terminal Stage Counselling***

Occurs when you have AIDS and helps you to manage issues related to death and dying.

## Providing Information

- Helpful community resources i.e. contacting AIDS resources, legal advice, psychologists etc.
- HIV / AIDS and all aspects pertaining to the illness.
- Stress management.
- Assisting employees with family members who might be infected with HIV or have AIDS.
- Pamphlets and other written information you may require about the disease.

## Support

Should you wish to have an informal talk with your EAP practitioner about any aspect related to HIV / AIDS or any other personal or work related problems.

## Confidentiality

Remember the EAP is strictly confidential. That means that nothing you say to the EAP Coordinator is released to anyone without your informed written consent. (Please note there is limited confidentiality when it comes to child abuse and putting other people's lives at risk)

FOR MORE INFORMATION OR CONFIDENTIAL ASSISTANCE, CONTACT YOUR EAP