

What is OCP?

OCP provides employee assistance counselling services to employees to ensure you are happier, healthier and more productive at work and home.

What does OCP stand for?

Organisational Counselling Programs.

Does it cost me anything?

This is a free service provided by your employer.

How many times can I see a counsellor?

You can check with OCP and we can confirm this for you.

At times this is a case by case assessment ie: you may have accessed OCP for anxiety in March and then had a death in the family in October – this extra support is often granted.

Can my family members see a counsellor?

You can check with OCP and we can confirm this for you.

Does your counsellor come to my work to see me?

No, you make an appointment directly with our counsellor and you meet face to face at their rooms. Emergency phone counselling is available for extreme circumstances.

Is your service confidential – will my employer find out I have contacted you?

We do not share personal information about employees outside of our team without their permission. The exception is under circumstances provided for in the Code of Practice for Health Care Workers, e.g., where their own or another person's health or life is at risk.