

Who we are?

Enough is Enough is a Sydney-based anti-violence organisation, formed in the belief that there is a need for a holistic community response to crime, violence and anti-social behaviour.

It was formed following the senseless murder of 18 year old university student Michael Marslew. Enough is Enough was established on the highest ideals of human behaviour. In a positive and proactive way, we go about the important work of reforming society's attitudes and the many forms of violence that are unfortunately far too common in today's society.

We work with a range of government and non-government agencies, schools and community groups to provide education, counselling programs, restorative justice, training and facilitation.

We help people understand their emotions and build life skills to help them deal with difficult situations. Our underlying philosophy is that all violence—physical and emotional — is unnecessary. Confronting violence and anger is an important aspect of building a better society.

Our people

Our highly qualified counsellors and presenters have a wide range of professional and practical experience. They are trained to be understanding, non-discriminatory, and non-judgemental.

PHONE: 9542 4029

www.enoughisenough.org.au



ENOUGH IS ENOUGH

HEAD OFFICE

Suite 2, 10-14 Boyle St
SUTHERLAND NSW 2232

Tel (02) 9542 4029

Fax (02) 9542 4039

Email: team@enoughisenough.org.au

Web: www.enoughisenough.org.au

HELPING PEOPLE HELP THEMSELVES

Your Employee Assistance Program EAP



ENOUGH IS ENOUGH

Anti Violence Movement Inc.



**How to seek support
from your EAP service**



Your EAP

An Employee Assistance Program (EAP) is a voluntary and confidential counselling service paid for by your employer.

Enough is Enough EAP is an independent supplier which has been selected by your organisation to provide the service.

Our focus is on maintaining the mental wellbeing of employees. We can assist when personal, family or work issues are impacting on your health or quality of life. Through access to professionally qualified and experienced counsellors, you have the opportunity to identify problems and find ways of resolving them.

Confidentiality

The service is confidential from the moment you call in—your employer will not be informed that you have contacted us. You can approach us direct via the number on this form in confidence that your privacy is guaranteed.

Our customer service team is available 9am—5pm Monday to Friday and can arrange counselling for you. After hour appointments can be also made.

Our counsellors are independent of your organisation and are focused on helping you to deal with your problem or concern. They will not disclose information you have shared unless you request it and authorize them to do so in writing. *

*Counsellors may be legally bound to disclose information in some exceptional cases such as in the case of risk to self or others.

When to contact us

How you feel is always a good way of judging when you might need assistance.

Do you ever find yourself?

- Being distracted by problems at work or home
- Getting tired or sick
- Having days off
- Feeling emotional
- Running late
- Missing deadlines
- Being involved in conflicts
- Burdened by everyday concerns



If any of the above are concerning you, you may benefit from using the service.

Some Common issues people seek assistance for are:

- Relationship and family problems
- Grief and loss
- Conflict with fellow workers
- Gambling
- Alcohol and drug use
- Stress
- Emotional distress

Our Services

Enough is Enough counselling service can help you get your life back on track.

There is no 'right' or 'wrong' way to cope. People are individual with personalities and life experiences which influence the way in which they deal with life situations.

Enough is Enough EAP services offer
counseling support

Office Hours - Monday—Friday 9am to 5pm

**After hours appointment can be made
by arrangement**

Contact Us Now

