

The Department of Education is delighted to partner with Spectrum.Life in offering the following services to teachers, SNAs, and all school staff:

EAS

The Employee Assistance Service (EAS) is a free and confidential service that provides mental health and wellbeing support to teachers, SNAs, and all school staff 24/7, 365 days a year.

In-the-Moment Support

Teachers, SNAs, and all school staff can call anytime to speak with an EAS Case Manager who can conduct a mental health assessment and, based on that assessment, advise if short-term counselling is clinically appropriate.

Short-Term Counselling

Teachers, SNAs, and school staff will be referred into short-term counselling when clinically appropriate. The EAS can include up to 6 sessions of counselling per issue, per year. Short-term counselling is not appropriate for all issues and not everyone will require 6 sessions to successfully address challenges they are dealing with.

Digital Wellbeing Series

A series of weekly seminars featuring an expert panel of speakers on a variety of mental health and wellbeing topics. The series is recorded live from our studio and can be streamed live or on-demand via the wellbeing platform and mobile app.

Wellbeing Platform and Mobile App

Access to hours of wellbeing content on topics including fitness, nutrition, and mental health. Teachers, SNAs, and all school staff can access the Employee Assistance Service here, redeem lots of wellbeing discounts, and much more.

Digital Gym

A monthly schedule of fitness classes for all fitness levels delivered in our state-of-the-art studio. Available live and on-demand via the wellbeing platform and mobile app.

Women's Health Sub-Series

A 6-part series of pre-recorded webinars on women's health available for teachers, SNAs, and all school staff to access on the wellbeing platform for 12 months. Topics include: Menopause, Fertility, Understanding your Hormones, and Pre-Natal and Post-Natal Nutrition.

Register on the wellbeing platform:
wellbeingtogether.spectrum.life/login
Org Code: yIVIIU17

Contact the service via:
Freephone: 1800 411 057
WhatsApp: Text 'hi' to 087 369 0010
SMS: 087 145 2056