

Local Geelong EAP Counsellor Urges Employers to Choose EAP Providers Wisely

Louise Lugsdin, founder of The Team Approach, a premier Employee Assistance Program (EAP) provider based in Geelong, is urging employers across Victoria and Australia to select their EAP providers carefully.



Geelong, Victoria May 30, 2024 ([IssueWire.com](https://www.issuewire.com)) - As the demand for workplace wellbeing and mental health support grows, Louise Lugsdin, founder of The Team Approach, a premier Employee Assistance Program (EAP) provider based in Geelong, is urging employers across Victoria and Australia to select their EAP providers carefully. Lugsdin highlights the critical importance of ensuring that counsellors and psychologists continuously update their professional skills to remain relevant and effective in addressing the evolving challenges of modern workplaces.

Louise Lugsdin, affectionately known as Lou to her colleagues, emphasises that even counsellors with degrees can be underskilled if they do not engage in ongoing professional development. “It’s not enough to qualify on paper,” Lugsdin asserts. “Employers need to know that the person they are entrusting with their employees’ mental health care is not only qualified but also constantly enhancing their skill set to provide the best possible support.”

The Team Approach, renowned for its comprehensive EAP services, has built a reputation on the continuous professional development of its team members. Lugsdin’s team of counsellors and psychologists are committed to staying ahead of the curve, regularly updating their experience, and embracing progressive approaches to therapy. This dedication ensures a solid and deep understanding of the myriad workplace, family, and individual issues that can impact employees’ wellbeing.

Recent statistics underscore the growing need for high-quality EAP services. According to the Australian Bureau of Statistics, in the 2021-22 financial year, 2.8 million [Australians accessed mental health services](#), reflecting a 10% increase from the previous year. This statistic highlights the urgent need for skilled and updated mental health professionals to support this growing demand.

Lugsdin’s advocacy for rigorous selection criteria in EAP providers is rooted in her extensive experience in the field. “We’ve seen firsthand how ongoing training and professional development can make a profound difference in the quality of care provided,” she says. “Our clients benefit from the expertise and up-to-date knowledge our team brings to the table, whether it’s addressing workplace stress, family issues, or personal crises.”

[The Team Approach](#) services clients not only in the Greater Geelong area but across Victoria and Australia. Their wide-ranging EAP services are tailored to meet the unique needs of diverse workplaces, ensuring that employees receive the support they need to thrive both professionally and personally.

Employers looking to enhance their workplace wellbeing programs can rely on [The Team Approach](#) for their comprehensive services, which include executive coaching, team training, and employee assistance programs. By prioritising continuous professional development, The Team Approach ensures that their clients receive the highest standard of care from knowledgeable and compassionate professionals.

“Choosing the right EAP provider is about more than ticking a box for compliance,” Lugsdin advises. “It’s about ensuring your employees have access to the best possible support, delivered by professionals who are committed to their ongoing development and understanding of current workplace

dynamics.”

As mental health continues to be a critical issue in the workplace, Lugsdin’s message is clear: employers must be discerning in their choice of EAP providers. The wellbeing of their employees depends on it.

For more information about The Team Approach and its services, please visit <https://theteamapproach.com.au> or contact Louise Lugsdin directly at info@theteamapproach.com.au

About The Team Approach

The Team Approach is a leading provider of Employee Assistance Programs and workplace wellbeing services based in Geelong, Victoria. Founded by Louise Lugsdin, It offers a wide range of services, including executive coaching, team training, and comprehensive EAP services designed to support the mental health and wellbeing of employees across Victoria and Australia.



Media Contact

The Team Approach

info@theteamapproach.com.au

Source : The Team Approach

[See on IssueWire](#)

