



HARNESS RACING VICTORIA



Industry Assistance Program

The HRV Industry Assistance Program (IAP) is a confidential, professional, coaching and support service delivered by Davidson Trahaire Corpsych (DTC).

The IAP is available at no cost to all employees, club volunteers, trainers and drivers and their immediate family members and includes a holistic range of support and resources to help you pro-actively manage your work, health and life.

IAP Counselling

Confidential, short-term, and solution focused support which can assist with clarifying problems, identifying options, and developing plans to constructively resolve issues.

Consultations are available face to face, over the telephone, via video or online.

All consultations are informal, friendly, and focused on your needs.

IAP can assist you with a wide range of personal and work-related issues. Some examples are below:

Relationships & couples counselling	Communication skills	Work/life balance
Anxiety, stress & depression	Violence and anger	Career planning
Bereavement, grief and loss	Substance abuse & addictions	Dealing with change
Family, child and eldercare	Personal trauma	Dealing with difficult customers
Suicide	Work Performance	Team performance
Legal and financial	Conflict and tension	Redundancy / career transition
Managing life stages	Bullying and Harassment	Building resilience and optimism



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Nutrition Support

Your IAP provides you access to confidential consultations with an Accredited Practising Dietitian. The Dietitian can assist you with a full range of nutrition issues including weight management, digestive health, sports nutrition, perinatal nutrition, and children's health.

moneyAssist™

Confidential telephone consultations with a professional financial counsellor who can assist you in addressing your financial concerns.

managerAssist®

Telephone coaching and support for managers, supervisors, and team leaders dealing with difficult or complex people issues. Consultation may be regarding a particular issue or for referral of a staff member.

eapdirect®

A health and wellbeing portal hosting a range of articles, self-assessment tools, financial learning modules, podcasts and videos to support you in all areas of your life. Online coaching can be accessed through eapdirect®.

Create a personal and confidential account by visiting www.eapdirect.com and registering using the below details:

Organisation Name: Harness Racing Victoria

Organisation Token: HRVIC

Organisation Password: usrkey

GreatLife App

Focusing on six core areas of Mind, Body, Money, Relationships, Work, and Family, the GreatLife app supports you by providing access to expert advice, tips, and activities to help you feel great every day.

GreatLife is available to download now in Australia from Google Play and the Apple App Store.



Contact Your IAP

For more information on available support, or to book an appointment, contact DTC:

1300 360 364 (Australia Wide); **+61 2 8295 2282** (International); **0800 360 364** (Face to Face support in New Zealand); eapcentre@davcorp.com (response within 1-2 business days); www.eapdirect.com (online)