



Bila Empower
STRONG SPIRITS & COMMUNITY



In collaboration with established Sovereign First Nations Businesses

NEED A YARN?

INDIGENOUS HEALING PRACTICES EAP SUPPORT SERVICE

Building positive relationships

Cultural Supervision

Embracing life and managing pressures

Grieving, bereavement, Sorry Business

Resilience and emotional regulation

Mental health concerns and challenges

Managing change in work and personal environment

To make an appointment:

- please scan the QR code,
- pick the Allied Health (mental health) Professional that you want to work with.
- Book directly into their calendar
- If you can't find an appointment or want one after hours, email **eap-bookings@bilaempower.org** referencing your chosen clinician to discuss.
- If you are having difficulty booking, contact our Reception on ph: 1300 241 133

It's that simple!



Booking Page

**trauma-informed – culturally safe –
confidential – decolonised**