



EMPLOYEE ASSISTANCE PROGRAM

Building mental fitness. Together.

The Employee Assist Program is your coaching and counselling service providing confidential and short-term support for home and work.

CONVERGE INTERNATIONAL

The Converge International Employee Assistance Program (EAP) is there to support you to build the skills you need to adapt to the changing world of work and to thrive in all areas of life.

OUR SERVICES

The Employee Assist Program is provided independently from your organisation. When using The Employee Assist Program, you will speak with a qualified, experienced counsellor across a range of issues including:

- Personal and emotional stress
- Relationship or family matters
- Work-related stress
- Sleep concerns
- Nutrition advice
- Financial coaching
- Interpersonal conflict and tension
- Changes in your work environment
- Grief and bereavement
- Career issues
- Mental health concerns
- Personal crisis or trauma

OUR COUNSELLORS

- Understand your situation and gain insights to inform decisions and directions
- Develop strategies to drive positive changes in behaviour and lifestyle
- Learn how to adapt to change and seize opportunities
- Provide coping strategies when dealing with difficult situations

EMPLOYEE ASSISTANCE PROGRAM

Your organisation offers an independent Employee Assistance Program

Your Employee Assistance Program is:

A confidential service

Available to all employees

Details of your discussion will not be shared with your manager or your workplace. You can read our Privacy Policy on our website.

CONTACT US

To make an appointment to speak with a Converge International EAP counsellor:



1300 OUR EAP
(1300 687 327)



Visit www.convergeinternational.com.au and click on Contact Us to access our Live Chat service.



Download our **EAP Connect** App and connect with us through the Appointment icon



More Information

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