

How can we support you?

We offer support, advice and counselling for a broad range of work and life issues:

Work

- Work pressures and demands
- Leadership skills
- Conflict resolution
- Dealing with negative behaviour
- Career development and planning
- Workplace changes & redundancy
- Other workplace dynamics that are impacting your health or wellbeing

Life

- Relationship stress with a partner, children or others
- Feeling anxious or overwhelmed
- Financial wellbeing
- Counselling for family members
- Expert legal support and guidance
- Support during major life transition such as pregnancy or planning for retirement
- Improving your mental fitness by offering specialist advice across: nutrition, sleep, mindfulness and other positive lifestyle changes

What will it cost?

Converge EAP services are **free** for you to access

How would you like to chat?

FACE-TO-FACE

LIVE CHAT

VIDEO CONFERENCE

CONNECT APP

PHONE

Making an appointment

To make an appointment with a Converge International EAP counsellor call:

1300 687 327 (Australia)
0800 666 367 (New Zealand)
+613 8620 5300 (International)

Live chat

Access this through our website

Visit our Website

www.convergeinternational.com.au

EAP Connect App

Available on both Apple and Android



So, what's on your mind?

Let's chat...

About work, money, family and everything in between.

Care Made Real



Turn your mental fatigue into mental fitness.

It's equally important to invest in better mental health as it is your physical health. Sometimes, we don't get that balance right. Find out how we can help with getting the balance right for you and helping build your mental fitness.

So, let's chat now, it's always a good time to take the first step.

Converge's Expertise

Our team of psychologists, counsellors and social workers are experts in their respective field. Each one is nationally qualified and accredited with extensive training and experience.

We understand that mental health is an incredibly personal topic, shaped by different challenges, beliefs and experiences. Whether it's language, culture or accessibility, we will do our best to connect you with the right expertise.

Connecting with us

- ✓ 24/7 phone support
- ✓ EAP Connect app on the go
- ✓ Hundreds of locations across Australia, New Zealand and globally
- ✓ Short turn-around times for appointments
- ✓ Every conversation strictly confidential
- ✓ Live Chat access online

Privacy

We take your privacy and data security seriously. Your privacy is always maintained unless there is a duty of care issue (i.e. risk of harm to self or others) or Converge International receives a legal subpoena.

Your EAP counselling session

We arrange a time and a place that works for you.

You can meet with your EAP counsellor in whatever way suits you.

We'll work with you, usually over several sessions, to assist you with what's on your mind.

And remember, all of our services are strictly confidential.

Check with your employer about how many sessions you are entitled to. The opportunity to be referred for long-term support is available too. Please ask our experts.

Make the most of the session

EAP counselling is most effective when you make the time to understand and work through issues that are holding you back from leading the life you want.

Counselling is not just about giving advice, it's about helping you to understand the dynamic or pattern that may have caused it, and, most importantly, the right way to get things back on track.