

# 8 ways the EAP can help us through the coronavirus pandemic



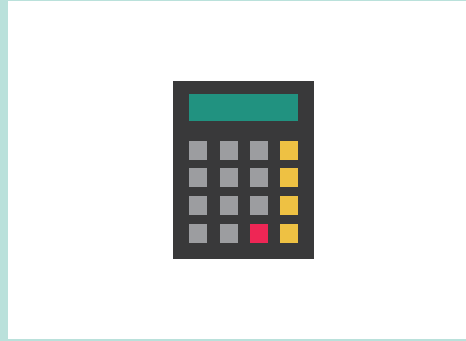
Feelings of anxiety, powerlessness and uncertainty are increasing for many of us as we face changes in the way we live and work.

**Employee Assist** offers counselling support for any personal or work-related concerns



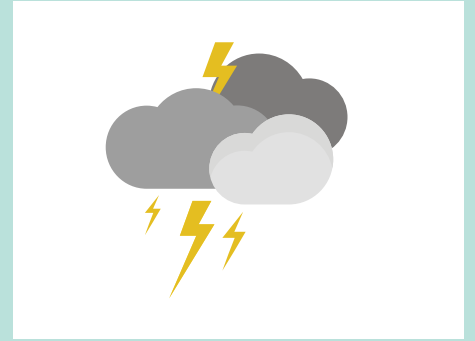
Effectively supporting our teams, and looking after ourselves, through the changes ahead is vital to team wellbeing and success.

Contact **Manager Assist** to discuss individual or team challenges confidentially with a specialist management consultant.



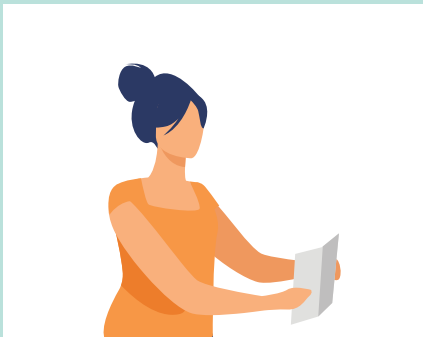
Changes to our income in the coming months may bring additional pressures.

The **Money Assist** financial consultants can help with financial and budgeting concerns, including debt management and reduction, job loss, relationship loss, bankruptcy, and investment and superannuation questions.



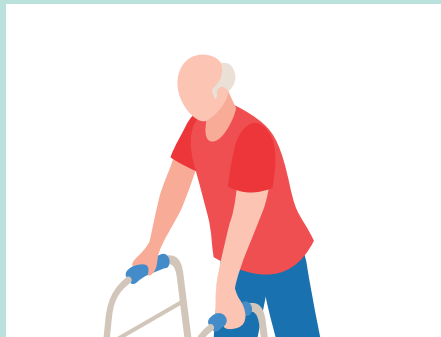
If concerns about the changing nature of work is causing stress or anxiety, now is a great time to take stock of our skill and development needs.

**Career Assist** offers coaching and tools to manage the changing work environment.



There may be a need for legal advice across family law, tenancy/renting, real estate, consumer and neighbourhood disputes and more.

Call **Legal Assist** to speak with a legal professional about any legal query (excluding employment law).



Are you concerned about a family member coping through this time?

**Family Assist** is available to our immediate family members (partners, parents, children) needing support across personal or lifestyle concerns.



Working from home and/or spending more time with our loved ones can also be stressful.

Call **Conflict Assist** to access insights, strategies and tools to deal with relationships at home and at work.



**Lifestyle Assist** can help us work through physical and emotional wellbeing concerns and develop a strategy for positive lifestyle change.

Specialist advice is available across sleep, nutrition, resilience, addictive behaviours and retirement issues.

## How can I contact the EAP/WAP?

**Call:**  
**1300 687 327**  
24 hours a day,  
7 days a week.

**Email:**  
**eap@convergeintl.com.au**

**Visit:**  
**www.convergeintl.com.au**  
Username: **AUSPOST**  
Password: **eap**

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