

ALCOHOL AND OTHER DRUGS

Employee Assist

Employee Assist is your coaching and counselling service providing confidential and short-term Alcohol and Other Drug (AOD) support.

CONVERGE INTERNATIONAL

Employee Assist can support you in building the skills you need to manage concerns around AOD.

OUR SERVICES

Employee Assist is provided independently from Australia Post Group.

You can call at any time and have access to support for:

- Worries about drug or alcohol use
- Referrals and support
- Understanding how to reduce dependence
- Assistance with anxiety and/or depression
- Relationship strain
- Financial concerns
- Breaking bad habits
- Improving mental fitness

OUR COUNSELLORS

- Assist you to gain insights to inform decisions and directions
- Support you to develop strategies to drive positive changes in behaviour and lifestyle
- Help you to adapt to change and seize opportunities
- Provide coping strategies when dealing with difficult situations

EMPLOYEE ASSISTANCE PROGRAM AND WORKFORCE ASSISTANCE PROGRAM

Australia Post Group offers an independent Employee Assistance Program (EAP) and Workforce Assistance Program (WAP) for licensees and contractors.

Your EAP/WAP is:

A confidential service

Available to all employees and their immediate family members; and all licensees, contractors, their employees and their immediate family members

Available for up to 6 sessions per person

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

CONTACT US

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



1300 687 327



Visit **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

T 1300 687 327 (Australia)
T 0800 666 367 (New Zealand)
T +613 8620 5300 (International)
E eap@convergeintl.com.au
convergeinternational.com.au