

ALCOHOL AND OTHER DRUGS (AOD)

Employee Assist

Employee Assist is your coaching and counselling service providing confidential and short-term AOD support.

CONVERGE INTERNATIONAL

AOD support (Employee Assist) is there to support you in building the skills you need to manage concerns around alcohol and other drug use.

OUR SERVICES

AOD support (Employee Assist) is provided independently from Australia Post Group.

Employees can call at any time and have access to support for the following:

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

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

Australia Post Group offers an independent Employee Assistance Program

Your Employee Assistance Program is:

A confidential service

Available to all employees

Available for up to 6 sessions per issue

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

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