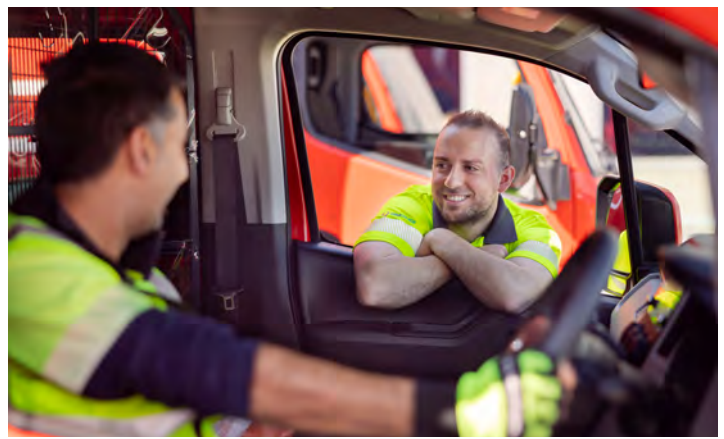


Your Employee Assistance Program (EAP)

A professional coaching and counselling service provided by psychologists and management coaches, that offers free and confidential short-term support for those impacted by personal or work-related concerns.



- Up to 6 sessions for each issue per employee, per year*
- Offsite, face-to-face or telephone
- Self-referral process
- Crisis counselling 24/7 by phone
- Referral to longer term support
- Plus a range of specialist helplines

* Up to 2 sessions with Legal Assist



Employee Assist:

short-term, solutions-oriented counselling and coaching for personal and work-related issues. Access support for symptoms of anxiety, stress and depression, workplace conflict, work dissatisfaction and pressure, grief and loss, relationship concerns and more.



Manager Assist:

coaching and advisory service that gives team leaders, supervisors, line managers and project managers the opportunity to discuss particular individual or team challenges confidentially with an expert i.e. coach, counsellor.



Career Assist:

coaching and tools for employees seeking to enhance their career mobility and opportunities as part of an internal career development initiative; or in response to career transition issues created by a changing work environment, such as restructures or evolving roles due to growth.



Conflict Assist:

insights, strategies and tools to deal with difficult relationships at home and at work. Talk through a problem with a skilled professional and take steps to get your working relationship back on track with strategies and tools to de-escalate these challenging situations.



Lifestyle Assist:

counselling and support program to work through physical and emotional wellbeing concerns and develop a strategy for positive lifestyle change. Specialist advice across sleep, nutrition, resilience, addictive behaviours and retirement issues.



Money Assist:

counselling and support program to work through financial and budgeting concerns with a financial professional, including debt management and reduction, job loss, relationship loss, bankruptcy, foreclosure and superannuation.



Family Assist:

counselling and coaching for immediate family members (partners, parents, children) needing support across personal or lifestyle concerns.



Legal Assist:

legal advice across family law, tenancy/renting, real estate, consumer and neighbourhood disputes and more (two sessions only - does not include employment law).

We're here to help



1300 our eap
1300 687 327

eap@convergeintl.com.au

LGBTIQ Helpline
1300 542 874

Domestic and Family
Violence Helpline
1300 338 465

Disability and Carer's
Helpline
1300 243 543

First Nation Helpline
1300 287 432

Eldercare Helpline
1300 035 337

Spiritual and Pastoral
Care Helpline
1300 772 435

Youth and Student Helpline
1300 687 399