

# FAMILY ASSIST

*Building mental fitness. Together.*

*Family Assist offers members of your immediate family to speak with a Converge International counsellor for support across a range of areas*

## CONVERGE INTERNATIONAL

The Converge International Employee Assistance Program (EAP) is also there to support members of your immediate family, offering advice across personal and lifestyle issues.

## OUR SERVICES

Family Assist is provided independently from The Australia Post Group.

Our consultants focus on providing you with tips, skills and strategies so that you can address your concerns and get back to being successful, productive, happy and healthy in life and at work.

- Build stronger, more supportive relationships to positively and proactively address disagreements before they lead to open conflict
- Discover tips and strategies to better balance the demands of work and life
- Access support and advice around parenting and managing the needs of children, teenagers and young adults

## OUR COUNSELLORS

Focus on working with your immediate family by providing access to a Converge International counsellor for support across a range of areas including:

- Managing family relationships
- Resolving conflicts
- Balancing work and life pressures
- Challenges with parenting and more

## EMPLOYEE ASSISTANCE PROGRAM

The 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

Make your appointment to speak with a supportive, caring and experienced counsellor.



**1300 OUR EAP**  
(1300 687 327)



Visit **[www.convergeinternational.com.au](http://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](mailto:eap@convergeintl.com.au)  
[convergeinternational.com.au](http://convergeinternational.com.au)