



# MONEY ASSIST

*Building mental fitness. Together.*

*Money Assist is a solutions-oriented service that provides access to expert support to build the skills to manage your financial wellbeing concerns.*

## CONVERGE INTERNATIONAL

The Converge International Employee Assistance Program (EAP) is there to support you to maximise your mental wellness and resilience so that you thrive in your personal life and at work.

## OUR SERVICES

Money Assist is provided independently from The Australia Post Group.

Our Employee Assistance Programs recognise that the way you view your financial situation impacts on your mental health and wellbeing. Learning new financial habits and skills can help to reduce your stress, improve your wellbeing and your relationships, as well as enhance engagement and productivity at work.

Your consultant will work with you to develop a realistic action plan that can help you to:

- Pay debts sensibly and without facing extra costs
- Manage stress caused by personal financial challenges
- Learn new financial skills that improve your confidence when managing your finances
- Build new habits to better manage money, minimise stress and reduce personal conflicts
- Negotiate with creditors to obtain achievable payment arrangements

## OUR CONSULTANTS

Focus on providing you with tips, skills and strategies to improve your overall situation so that you can address your lifestyle and financial wellbeing concerns and get back to being successful, productive, happy and healthy in life and at work.

## 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 an experienced, knowledgeable professional and learn how to set your own financial goals, stick to a budget and how to manage your own money.



**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)