

Care Made Real

# Employee Assistance Program

The Converge International Employee Assistance Program (EAP) is your coaching and counselling service providing confidential and short-term support for home and work.

The **Employee Assistance Program** is provided independently to Carrier.

When using the **Employee Assistance Program**, you can speak with a qualified counsellor specifically selected to best support your issue. Our counsellors are experienced across a range of issues including:

- personal and emotional stress
- relationship or family matters
- work-related stress
- sleep concerns
- nutrition advice
- financial coaching
- interpersonal conflict and tension
- changes in your work environment
- grief and bereavement
- career issues
- mental health concerns
- personal crisis or trauma.

Our counsellors assist you to gain insights to inform decisions and directions, and will support you to develop strategies to drive positive changes in behaviour and lifestyle. They can help you to adapt to change, seize opportunities and provide coping strategies when dealing with difficult situations.

Your **Employee Assistance Program** is:



A confidential service



Available to all employees



Available for 6 sessions per issue

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

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

Call **1300 OUR EAP (1300 687 327)** (Aus)  
**0800 666 367** (NZ) | **+613 8620 5300** (Intl)

Visit **[www.convergeinternational.com.au](http://www.convergeinternational.com.au)**  
to access our Live Chat service or book.

Download our **EAP Connect App** to connect  
with us through the Appointment icon.

## CONTACT OR MORE INFORMATION

**1300 687 327** (Aus) | **0800 666 367** (NZ) | **+613 8620 5300** (Intl)  
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