

Care Made Real

# Nutrition and Lifestyle Assist

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

**Nutrition and Lifestyle Assist** is provided independently to Eastern Health.

It's focused on supporting you to achieve an effective and healthy work-life balance. We spend more than half of our life at work and too often we run out of time to focus on our own mental fitness.

We will work with you to develop a realistic action plan that can:

- build your mental fitness and emotional resilience
- provide specialist nutrition advice and information
- give you tools and strategies to better manage stress and/or anxiety
- help you to get more and better sleep
- teach you mindfulness techniques
- assist you through life stages, retirement transition and planning.



Your **Nutrition and Lifestyle Assist** is:



A confidential service



Available to all employees



Available for 4 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)

[convergeinternational.com.au](http://convergeinternational.com.au) | [eap@convergeintl.com.au](mailto:eap@convergeintl.com.au)

**easternhealth**

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