

Care Made Real

Family Assist



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

Family Assist is provided independently to Australia Post.

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.

Our **Family Assist** consultants can help you to:

- 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.



Your **Family Assist** 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**
to access our Live Chat service or book.

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

CONTACT OR MORE INFORMATION

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